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# EVE'S WEEKLY

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THE WOMEN'S DECADE IS HALF OVER: A CONFERENCE EVALUATES ITS PROGRESS

WATCH IT WHEN YOU POP THOSE PILLS: A PILL BY PILL GUIDE TO COMMON MEDICATION

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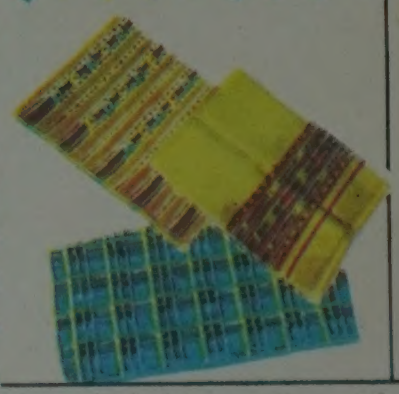

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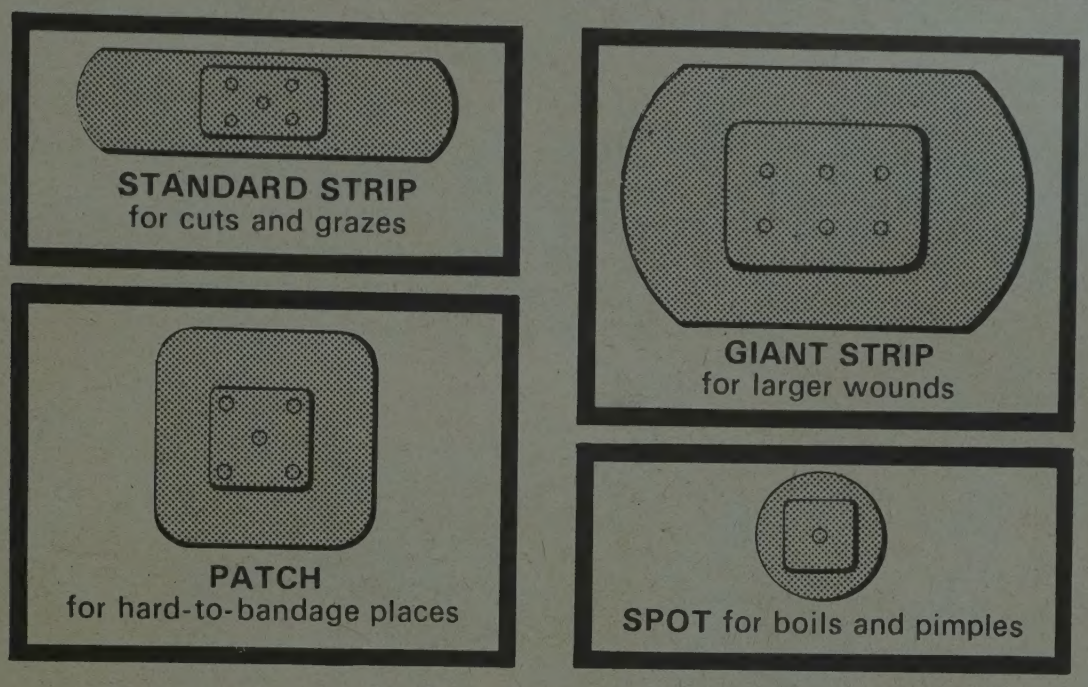


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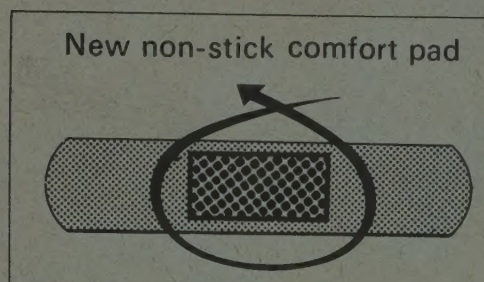


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# Must you suffer chapped skin and cracked lips every winter? Protect yourself these four ways!

**1** All those hot, steamy baths you have every winter morning don't help a bit. You end up losing vital moisture and your skin becomes scaly and dry. Bathe in tepid water if you can't stand the thought of cold baths.

**2** If you don't have the time to oil yourself, try this quick, simple alternative. After your bath, put in a few drops of olive oil—even coconut oil will do—into a mug of warm water and splash it all over your body. Then just pat yourself dry with a towel.

**3** Those winter winds raise a lot of dust. And dirt and cracked s are a dangerous combination. A good home remedy is a 'maida' a milk paste rubbed into the skin. Just see the dirt come out and your skin glow.

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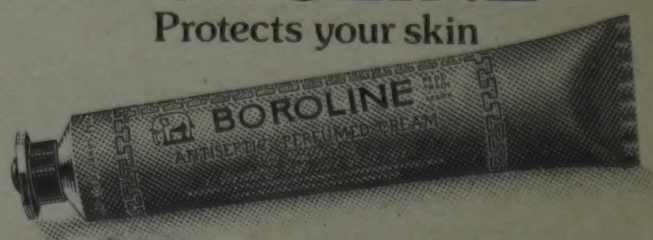


**G.D. Pharmaceuticals Limited**
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eve's weekly

VOL. XXXIII NO. 57 BOMBAY FEB 2 — FEB 9, 1980

Cover :
NAMBRATH CHANDRIKA
Photograph : Taiyeb Badshah

CHAIRMAN & MG. DIRECTOR J. K. SOMANI
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PRINTED AND PUBLISHED FOR THE PROPRIETORS: EVE'S WEEKLY LTD., BY J. C. JAIN AT SANJ VARTAMAN PRESS, BOMBAY SAMACHAR MARG, FORT, BOMBAY 400 023.

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PUSHPA HANS
1-13, Lajpat Nagar 3, New Delhi-24.

TAPATI MOOKERJI
235/2, Acharya Jagadish Bose Rd., Calcutta-20.

S. J. KURUVILLA
163, Purasawalkam High Road, Madras-10.

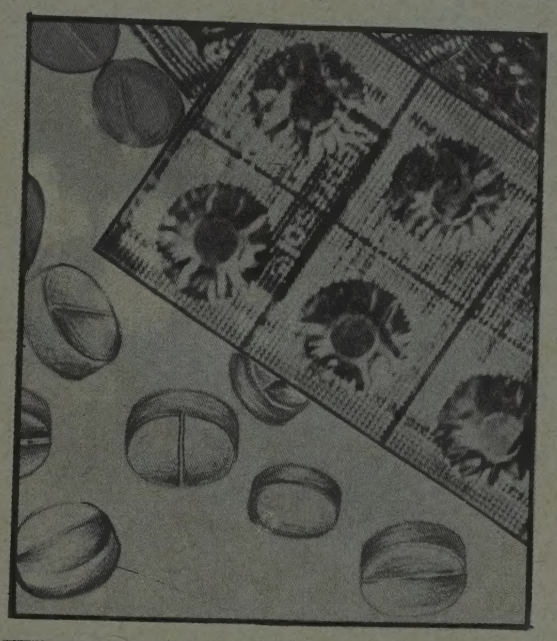
ANNUAL SUBSCRIPTION
Inland Rs. 85.
Foreign Rs. 127 (Sea Mail)

# THIS WEEK

## PRIMA DONNAS ALL

It is difficult to sift through the countless dancers performing all over the country and the generally positive reviews they all seem to get, to find out who is really talented and who merely trained. A leading dance critic provides a guide through a critical appraisal.

**Page 10.**



## THE SELF-MEDICATION HABIT

One doesn't think twice about taking this analgesic, that antacid or that antihistamine — so integral a part of our everyday lives have these common drugs become. But not knowing anything about the drugs, their effects and possible side-effects could lead to sorrow. A layperson's guide to common medicines.

**Page 16.**

## A MID-DECADE CONFERENCE

Five years after the declaration of the Women's Decade, a recent meeting in Delhi discussed its successes and failures. A report.

**Page 21.**

## BIGAMY IS STILL HERE

The law forbids it, but who is to enforce the law? Bigamy continues to exist in many parts of India today. The first hand experience of a second wife.

**Page 40.**

## ALSO

Wall Decorations : Waste turns beautiful — **Page 19** Film Interview: Raakhee, independent as ever — **Page 23** Woman in Focus: Kamala Sitaram — **Page 43** Consumer Awareness: Toothpastes, toothbrushes and dental care — **Page 44.**

## CLARIFICATION

**Ulrike Bredemeyer (Miss India) and Ayesha Dutt (Miss Young India), who appeared on the cover of our issue dated January 5, 1980, and Jane Lobo, Ambiqueen, Bangalore, who appeared on the cover of our issue dated January 19, were the winners of the beauty contest organized by Eve's Weekly in association with Shri Ambica Mills.**

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# YOUR PAGE

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1st PRIZE

## A WOMAN'S VICTORY

What a spectacular success Mrs. Gandhi's landslide victory over her male opponents is ample proof of the people's confidence in her dynamic leadership and capability. The crushing defeat of her male opponents would and, indeed, should give a boost to the morale of all womankind and increase their self-confidence. It is a **woman's victory!** Those women who have been brainwashed into thinking that a woman's capacity is in every way inferior to a man's may think again. And there are several women — believe me! If we had developed one millionth of her capacity, there would have been no need for the women's liberation movement!

Let us therefore make a determined effort to be successful in whatever walk of life we are in and begin to think positively. Mrs. Gandhi has proved that if a woman is capable, the sky is the limit and hurdles can be waived aside like flies. In the present context, would it not be more appropriate for our daughters to have her as an ideal instead of Sati Savitri or Submissive Sita?

**SUDHA D. HATTANGADI**
**Bombay.**

**It is, of course, a matter of pride that India has a woman prime minister who is acknowledged to be strong, brainy charming, sophisticated and an astute politician. Only recently has it been "predicted" that the U.S.A. will have a woman prime minister in another twenty years — whereas Indira Gandhi first became PM more than a decade ago. But, we must say again, what we have often said before: having a woman prime minister does not automatically mean all Indian women are emancipated.**

2nd PRIZE

## HATS OFF TO GRANDMA

As we usher in the Year, our prime concern should be the building of a healthy "self-concept" in baby girls.

I can remember my own grandmother who was a great worshipper of Shakti. She thought it was a singular blessing for the family when her grand-daughters outnumbered her grandsons, two to one. She held her fort against the derisive remarks of friends and relatives.

She gave us fantastic names like Maheshwari, Parameshwari and so on. She made each one of us feel we were unique and wanted. She taught us early that we were equal to the boys and in some respects better. She knew the ingredients of a healthy self-concept and she passed it on to us.

If only more families and schools take to transmitting this message seriously we would have a brave new generation of young women — vibrant and self-reliant.

**UMA SUBRAMANIAN**
**New Delhi**

**A really great grandma! It is such a pleasure to hear about women like these but, alas there are so very few of them. We are sure though, that with such an example before you you will also be an enlightened grandma — and there will be many more of your generation and the next.**

3rd PRIZE

## THE LAST DAYS

There is mounting concern all over the world about the plight of the older section of the population. The fast-changing pattern of Indian life is beginning to adversely affect our own aged who until today enjoyed a safer and more stable position than their counterparts in countries, governed by other norms or with a different outlook on like. The shabby treatment meted out to aged or infirm parents and parents-in-law, especially if they are financially dependent on their children, is often too pathetic to be described. The situation is made the worse because of their total helplessness — they face harsh treatment but stay on even if they are made to feel a nuisance and a burden.

Even if we forget the fact that they have done their stint and are now waiting for time to roll by, that many a retired person had looked forward fondly to this period during his years of hard work; even if we overlook the fact that parents are poor and dependent today perhaps because they have freely spent on their children's education and upbringing... let us not forget that they are human, the least they have a right to is dignified treatment. It is time we put up a fight for freedom from cruelty to the aged.

**DAPHNE KHAN, Hyderabad**

**The winds of the West are sure to hit us sooner or later. The aged, abroad, are lonely and abandoned. They linger in 'homes' which are really impersonal institutions. So far our old people are still being looked after by their children — either from within the joint family or outside it. But old values are fast disappearing and the time will come when we will be putting away the aged in those horrible 'homes'. Sad, but inevitable...**

## COLOUR BAR

Jamila Massey says (Passing Through, Dec. 1) that coloured actors in Britain are underemployed. What about the films in India? I had to laugh when a white Australian remarked that he would be too dark to act in a Hindi film! It seems that in India they choose only lily-white actors and great talents must be going to utter waste, yet I've heard no complaints about this shameful state of affairs. Shouldn't talent be more important than colour? Show me the Hindi film with dark actors, natives of this country, adding 'colour' to the life they seek to portray.

**MRS. CARMEN OROSZ**
**Hardwar**

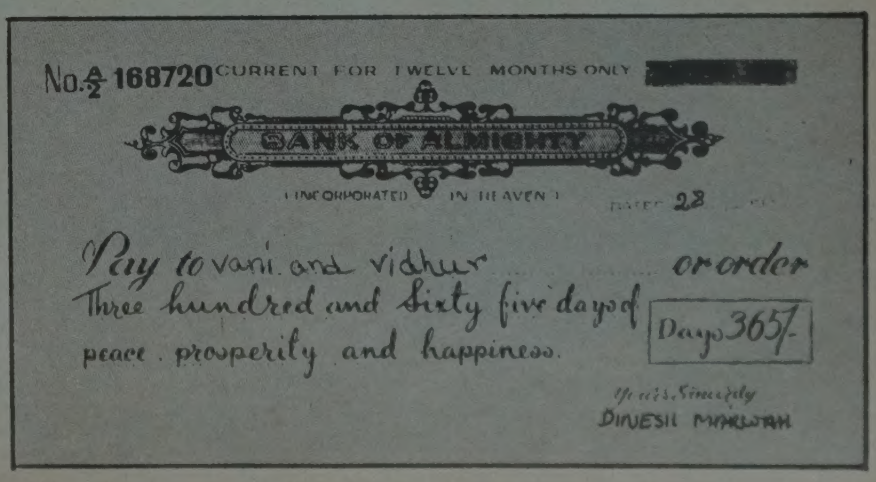
**We have our 'darkies" (some very attractive ones) but, in this colour-conscious country "lily-white" has pride of place . . .unfortunately.**

## CHEQUE-MATE

As the New Year approached, a variety of new year cards were received. Among them, an eye-catching one was a cheque on the Bank of Almighty paying to the bearer 365 days of peace, prosperity and happiness. I wonder how many people other than myself realised that 1980 is a leap year — there should be 366 days instead of 365!

**VANI KOHLI, New Delhi**

**Yes, very observant of you. But have you noticed that your well-wisher did not put the complete date on the cheque, thus making it void!**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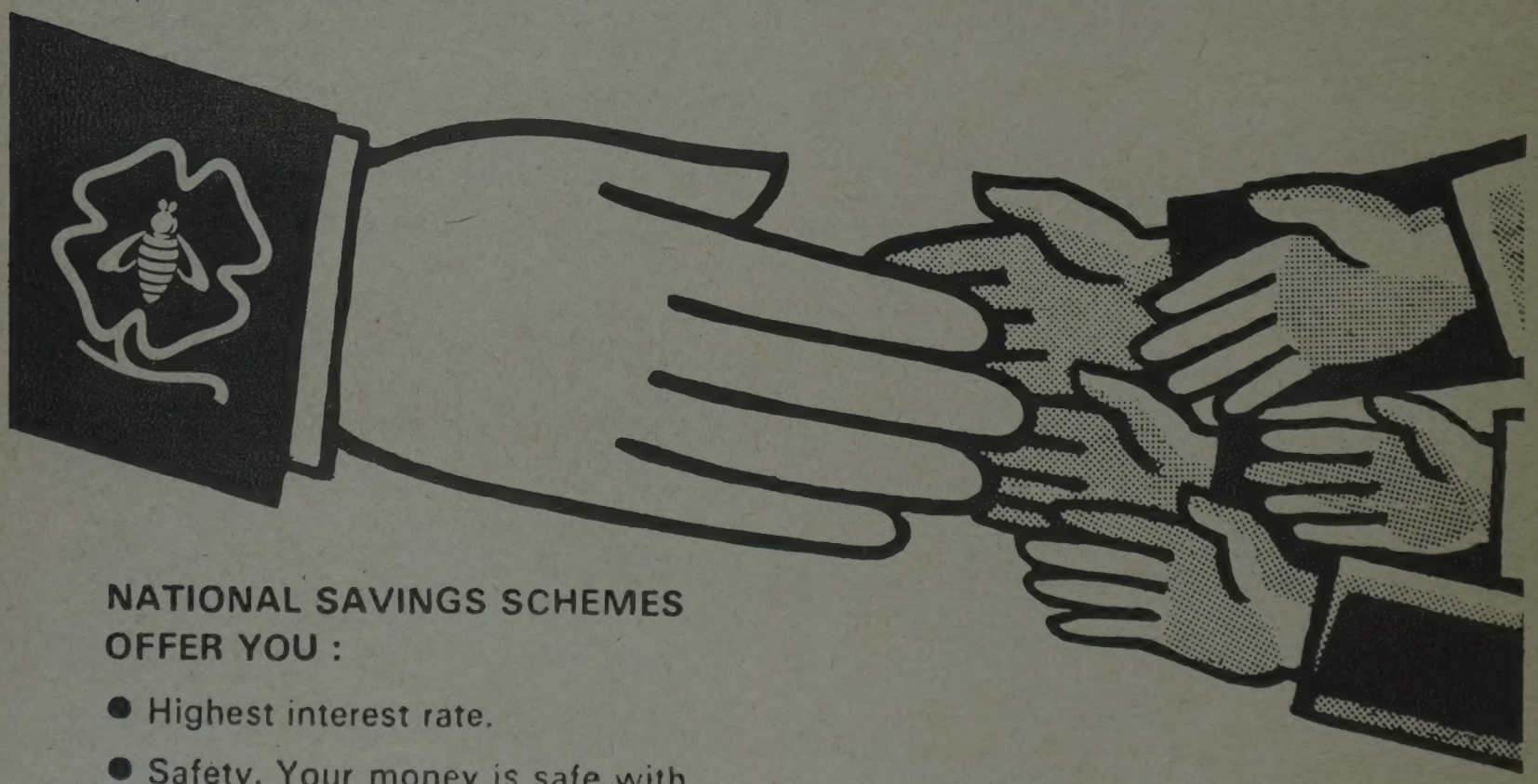

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# READERS' VOICE

Most articles raise a question, a comment or at least a criticism. Write them down and mail them to us!

## DAUGHTERS ONLY

With reference to Neera Sohoni's article, "Horrors! A Third Daughter!" (November 17) I would like to say that a modern, educated mother wishes to have one son and one daughter, not for their support later on or for economic reasons, but to fulfil the urge to have one of each. A mother of only boys is as much to be pitied as a mother of only girls. The special joys of bringing up a daughter is denied to her.

**VEENA ADIGE, Nagpur.**

## IS DIVORCE THE ANSWER?

With reference to the article, "Is Divorce the Answer?" by K. Nischol (Nov. 17), after taking a sacred oath and a solemn pledge not to part unto death, "divorce" sounds odd and sinful. But when further smooth marital life seems impossible, divorce is not only an inscrutable relief but the only way out. No doubt parting of ways is an unbearable and emotional experience but compared to prolonged mental agony it is indeed welcome. Divorce is a choice between unabated psychological tension and a temporary breaking of hearts.

**K. S. RAMAN, New Delhi.**

## PROFESSIONAL COURSES

Rochelle D'Souza's article, "Short term courses — do they help?" (November 24) was interesting. I personally feel that short term courses are not very helpful since they concentrate more on theory and less on practicals. A diploma in journalism does not necessarily guarantee a job as a journalist. One's own creative ability and hard work is essential to become successful.

**C. P. RAJENDRAN, New Delhi.**

## PORNOGRAPHY

I was shocked to read your pornographic story, "Suicide" (November 24). We are conservative and responsible parents and have not accepted the view you now seem to be suggesting that girls should carry condoms in their handbags. There was also another story on homosexuals. If you continue to publish such stories you are bound to lose the majority of your readership. There are hundreds of topics of interest to Indian women, but porn is not one of them.

**RAM SAGAR, Vile Parle.**

## WOMEN IN SPORT

This is with reference to your monthly feature, "Women in Sport". I missed this article in the last week of November. Has it been stopped?

I like it very much and read Eve's Weekly mainly for it. One rarely finds such complete coverage of women in sports in any Indian sports magazines.

**PRADEEP VERLEKER, Margao, Goa**

## HARD-EARNED FREEDOM

The short story, "Jail", by Premchand (December 1) was very touching. It should serve as an eye-opener to our politicians who, in their greed for power, have no time for the poor. The hard-earned freedom of our forefathers should not be abused by anyone for personal benefits.

**SABITA BHATTACHARJEE, Chandigarh.**

## MIXED MARRIAGES

I appreciated the story, "A Return Visit", by Mikki Hariani. Mixed marriages are rarely successful because the majority of Indian men are like that. But not everyone is lucky to return home and start a new life.

**SREEDHARAN, New Delhi.**

# NEXT WEEK

ISSUE OF FEBRUARY 9

**THE GOLD RUSH**

**It is with horrified fascination that most of us read about the rapidly escalating price of gold in both the home market and the international market. Gold is such an integral part of Indian life that there is hardly anyone who is not affected by the fluctuations in its price. A look at this priceless metal.**

**SUICIDE COUNSELLING**

**A start has been made in Delhi by way of a centre which aims at preventing suicides through timely and appropriate counselling.**

**FOCUS ON CHILDREN**

*** An innovative workshop to involve children in all aspects of theatre.**
*** Can banks help in the follow-up from the IYC?**
*** A short story for children.**

**THE WOMEN'S PAGE**

**An extensive analysis of women's sections of daily newspapers in Gujarat to determine the way women are portrayed in them and their attitudes to women's issues.**

# Tracing The Movements Of

**Leading dance critic SUBBUDU makes an assessment of the women who remain unmatched in their respective dance forms**

Alphabetically, Yamini Krishnamurthi would occupy the fag end of the list of the dancers of India, but prima donnawise, she automatically takes the first place. She is, in effect, the danseuse of yesterday, today and tomorrow.

Talking of dancers of yesterday, one cannot but think of Rukmini Devi Arundale, who ushered the era of respectability to dance in general and Bharata Natyam in particular. Prior to that, though given the spiritual title of "Devadasi", in effect these Devadasis occupied a very low position in society, owing possibly to a perversion of the dictum, "Divine dispensations through human form."

Even witnessing a dance performance was considered a social stigma and those who had a desire to see one had to disguise themselves and attend it stealthily.

It was Rukmini Devi who resurrected the dance in India from its abysmal depths and, if today enjoys social status, it is entirely due to this pioneering woman. Kalakshetra, her institution for dances, will stand a shining monument of art for ages to come.

But one may ask me why I should qualify her as a dancer of yesterday. The reason is simple. She ceased dancing two decades ago and started concentrating on the institution. Has the institution justified all her pioneering efforts? One may ask. By a strange combination of circumstances, Kalakshetra has not been able to produce one outstanding exponent of Bharata Natyam, barring Yamini who left it about three decades ago.

How could this be? One may wonder. Rukmini concentrates more on producing ballets or rather dance-dramas, and this naturally results in individually accomplished students of the institution not being able to project themselves as solo dancers. Over and above this, she was bogged down by a false notion of spirituality even in regard to **Shringara** (the erotic), the very essence of dance. In the midst of increasing com-

**Bala Saraswathi**

**LEFT: Rukmini Devi Arundale**

ition from other styles of ancing which cashed in upon ese basic aspects, Kalakshe-a's products could not get to e top.

Bala Saraswathi, the queen of harata Natyam, is another dan-use "of yesterday." At 60 or a ttle over, she now is able to roject herself only as an Abhi-aya expert. It is unfortunate that he has not been able to impart er exhaustive knowledge of the diom to any student. She her-elf once told me years ago. Let Bharata Natyam die with me," when I asked her about its future. Her efforts to find an outlet for her genius through her daughter, Lakshmi Shanmugam, had proved futile for the simple reason that Lakshmi possesses neither the vigour nor the talent. There are occasional streaks of brilliance in her Abhinaya imbibed from the mother, but her recitals have not attracted enough popularity.

For a diversion, let us have a peep into the world of Kathak where Sitara Devi is reigning supreme among the masses. Her

# Prima Donnas

Padma Subrahmanyam

LEFT: Yamini Krishnamurthi

BELOW: Samjukta Panigrahi

# Children by choice, not by chance

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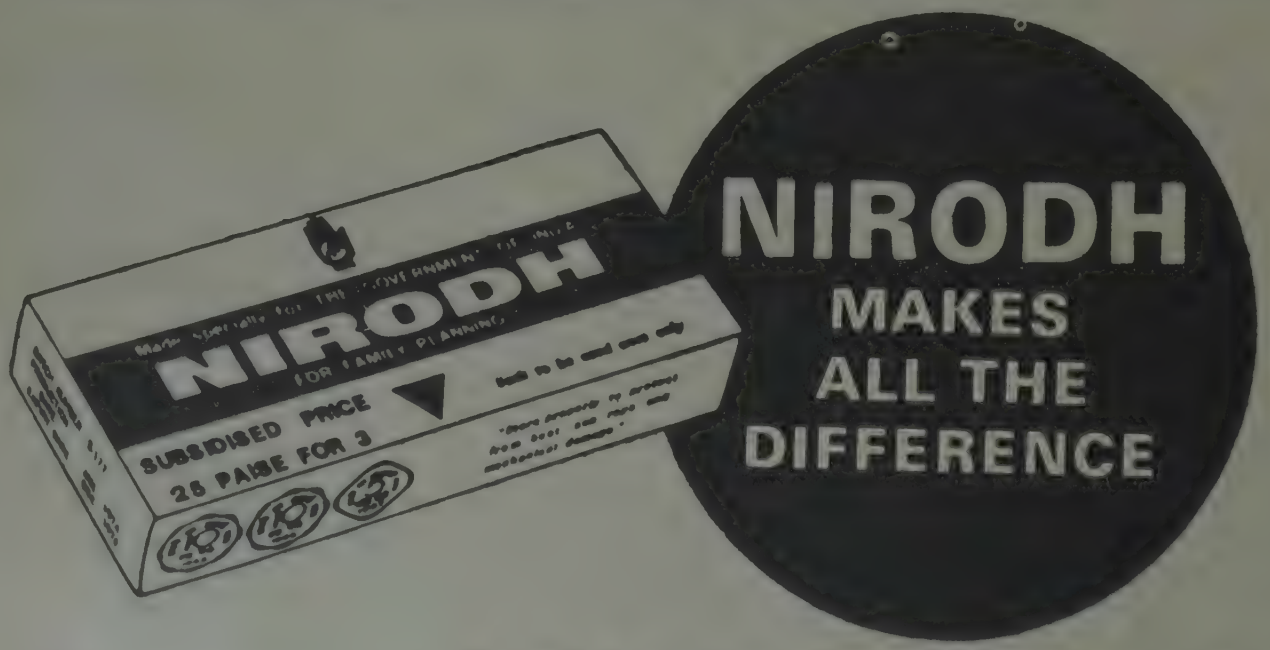


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davp 79,107

## RACING THE MOVEMENTS OF PRIMA DONNAS

ccess is a paradox considering at she has not adapted herself the changing times and is still ving in a world of her own. er inexhaustible stamina to dulge in night-long sessions f sheer Kathak virtuosity have nsured her a kind of clientele at defies all logic. With her, athak is still in the seventeenth r eighteenth century with all unning commentary, challenges ght and left, down-to-earth, itty, pithy and occasional carp- g remarks thrown in for good easure. These have become a art of her style and, when she ys to her audience, "I care vo hoots for the critics," she ctually means it. So much for itara.

When I say Yamini Krishnaurthi is the only artiste, evergreen and belonging to all times, mean every word of it. With strong structural background nbibed in Kalakshetra and her wn natural genius for interretation, she is the most outanding exponent of Bharata atyam. She is a choreographer ar excellence and is probably e only danseuse who can keep er conductor at bay. Rhythm uns in her veins and her versatility in lauguages has endowed her with a keen sense of bhinaya. It can be said without ear of contradiction that Yamini has reached a stage where she can dance and communicate **sans** music and **sans** any other accompaniment. Her seeming arrogance is born out of immense scholarship, and therefore she hardly need suffer fools.

From Yamini Krishnamurthi to Padma Subrahmanyam may seem a far cry as they are poles apart, though of equal calibre. Padma Subrahmanyam has delved deep into the mysteries of Natya Shastra and evolved a new type with a lot of innovations, but governed by the rules of the dance form — balletic movements,

**Members of a Devdasi family training a child in Bharat Natyam**

sire of the rasikas for something new.

It may be pertinent to mention in this connection that Bharata Natyam has become almost a routine affair with dancers indulging in the same movements that seem to have tired audiences. Padma seems to have intelligently cashed on this. Her "one-woman" ballets have also secured her some recognition, though it is a moot point whether a "one-woman" affair alone can sustain audience interest for ever. In fact, even the Natya Shastra was originally conceived as a dance drama with an exhaustive grammar, and solo efforts were only a by product. Posterity alone will decide whether Padma has enriched or endangered the dance.

Odissi has a 2000-year history but most of it in neglect. Thanks to the Panigrahi pair — Samjukta

**Swapna Sundari**

**LEFT : Kamala Lakshmanan**

Sukha Abhinaya (providing Abhinaya for raga also) and a provocative hip movement not generally seen in the Bharata Natyam style, though having sanction in the texts.

Traditionalists have, of course, raised their eyebrows at her resort to occasional dramatics as a means of communication. Their objection is that Bharata Natyam being a highly stylised form of dancing, any attempt to water it down to the level of dramatics by substituting statements for suggestions would in the long run prove detrimental to the form and content of this ancient system. If in spite of these Padma has carved out a name for herself, it is due entirely to her innovative choreography and de-

and her singing husband — it now finds a place in the world of Indian dance. Samjukta had her full course of Bharata Natyam at Kalakshetra, and this seems to have had a detracting influence on her Odissi interpretation. Odissi is an entirely feminine style of dancing and any vigorous or masculine inflictions naturally detract from its original grace.

At the risk of offending Samjukta, one has to admit that she has become more and more masculine in her pure dance. Also there is predominant element of over-dramatisation in her erotic numbers making them almost mini-ballets. While Panigrahi's singing is classical to the core and pleasant on the ear, his wild

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## RACING THE MOVEMENTS OF RIMA DONNAS

esticulations while singing to vert audience attention. Both em to compete to impress the dience — at the cost of the t.

Let me become current and vapna Sundari comes immedia-ly to my mind. As a Kuchi-udi dancer, she is fast becom-g one of its leading exponents. er greatest asset is the total sence of inhibitions — a qua-y solely lacking in many hers. On the pretext of main-ining spirituality, many dan-rs have forgotten the very es-nce of dance. Kuchipudi, being tally down-to-earth and prima-y erotic (mind you, Kshetragna eats Jayadeva hollow in the ero-c game), a dancer needs to get to the very spirit of composi-ons, if she really wants to com-unicate their import. Swapna ndari is fleeting on her feet, y and coquettish in her demea-our and completely at ease in e realm of rhythm. She makes ll use of her large and liquid es to portray the rasas. She has e gift of the gab, which she rnesses for impressario effects. ank heavens she does not try explain Greek with Latin.

I have purposely left out amala Lakshmanan, one of the remost exponents of Bharata atyam, who has held sway for e last 30 years. Endowed with xtraordinary Abhinaya prowess, e was the only danseuse who ould both entertain and edu-te. But of late, an air of indif-nce has become part of her. rprisingly, she has no perma-ent orchestra and makes do ith a make-shift one. Such an titude is totally unbecoming of senior danseuse. She has, how-er, trained many a young as-rant and some of them have vealed high potentialities. If ot the orchestra, should she not least have a competent con-uctor — nattuvanar — for her cital? One is unable to under-and her attitude.

Strangely this gifted danseuse s developed an inferiority mplex for no valid reason. henever she is interviewed, e says that she has been side acked and due recognition has t been given to her, which atement is wholly unjustified. ng before Bharata Natyam be-me a household word, Kamala s been adorning the dance ge and was probably, the hig-st paid artiste. She got the veted Sangeet Nataka Academy

**Sonal Mansingh**

Award and her debut into the celluloid world brought her a sizeable fortune. She now intends to go and settle in the States. I wish her well.

If Kamala is suffering from inferiority complex, Sonal Mansingh is suffering from a magnificent obsession. She is allergic to Yamini and never misses an opportunity to have a fling at her. Hardworking? Yes. Zealous? Quite. Ambitious? Yes. Influential? Very indeed. But all these

**Kanaka Srinivasan**

Kanaka Srinivasan is of the calibre of Kamala Lakshmanan, having learnt under the same Guru Ramiah Pillai. Despite innumerable performances, real recognition came to her late in her career and for a couple of years she had a meteoric rise. She took Moscow by storm and the Russians christened her Natalia. Lack of P.R.O. capabilities has made her recede into background again. A pity indeed!

Of the tomorrow's dancers Chitra Visveswaran shows great promise. She is totally involved, painstaking and aims at perfection. She has a permanent orchestra and has the gift of choreography. In her marriage, she has the good fortune of an understading partner in life, who does not stand in the way of her profession.

Many may not know the emergence of a bright star in the dance firmament viz. Rajashri Sankaran. Her Abhinaya is captivating and foot work admirable. She has a great potential.

**Rajashree Sankaran**

without a deep inner inspirational urge to convey and communicate, have robbed her dances of Abhinaya content. It takes a life time for one to master Bharata Natyam, but Sonal has had a go at Odissi and Kuchupudi too! Her greatest disadvantage lies in those who accompany her! Her nattuvanar invariably gets into a frenzy, constantly distracting audience attention. Her vocalists can't boast of good voices. The orchestral burden is entirely borne by a flutist alone, but one swallow does not make summer. So much for Sonal.

Of course, this article will not be complete without a reference to Shobha Naidu, a boneless wonder of the Kuchipudi idiom. She brings to it much eroticism and good footwork. Her gestures are grace abounding and she never fails to establish rapport with the audience.

This list is not exhaustive; it cannot be. Lack of space is the limiting factor. There are too many dancers for one article.

# PAUSE, BEFORE YOU POP IN THAT PILL!

**Shivanand Karkal**

Today's gigantic pharmaceutical industry has spawned a bewildering plethora of drugs for a variety of ailments, real and imaginary. Most of us have developed a penchant for popping in a pill — that universal panacea for ills ranging from headaches to heart-burn, from dyspepsia to dysmenorrhoea, from insomnia to ulcers, and often, for just plain boredom.

Fortunately, we in India do not suffer as much from the dangers of drugging as those in the USA. Some statistics from that land make frightening reading: about 250,000 to 500,000 OTC (over-the-counter) drug combinations are available; **every year,** Americans down about 40 billion pills and other medicaments; an average doctor fills in about 8000 prescriptions; seven prescriptions are given to every man, woman and child; 300,000 Americans have to be hospitalised due to severe drug reactions; 18,000 die from the side-effects of drugs given to them in hospital and about 10,000 undergo life-endangering reactions due to the unnecessary administration of antibiotics! Whew!

Though, as stated before, the drugging problem here is insignificant compared to the USA, it would be advisable for the layman to ask himself these questions before taking any drug:

Do I know what this drug is going to do? How is it going to help me?

Does it have any adverse effects? What are they? How can I avoid them?

This article is written with the hope that it will inculcate in the lay reader a more intelligent — and consequently, a more safe — use of drugs. Seven commonly used drugs are discussed here.

## ANALGESICS

There are two kinds of analgesics used in therapy — one, the narcotic analgesics which relieve pain while simultaneously depressing the central nervous system, and two, the non-narcotic analgesics which do so without significantly depressing the central nervous system. Morphine and pethidine belong to the first group, while acetyl salicylic acid (aspirin), phenylbutazone, indomethacin, phenacetin, etc. belong to the second group.

Aspirin is perhaps the most used drug all over the world; its total consumption today runs into some thousands of tonnes annually. Aspirin has a number of actions on the human body, the two most important being its analgesic (pain-relieving) and antipyretic (fever-reducing) ones. Aspirin reduces fever by resetting the disarranged thermostatic mechanism in the central nervous system.

It is also very effective in relieving pain of a dull, aching type emanating from body-structures like joints and muscles. Aspirin is thought to relieve pain by blocking nerve impulses in the pain-centres of the thalamus.

Aspirin has an irritant effect on the inner lining of the stomach. That is why it should always be taken with a glass of water or milk, or after a meal, and not on an empty stomach, to reduce this irritant effect. Anyone taking 3-4 grams of aspirin every day can lose upto 4-6 ml of blood from the inner lining of the stomach. Haemorrhage (bleeding) from this lining and ulceration are thus seen on prolonged use. Nausea, vomiting, dyspepsia, etc. may also occur. Most of the other non-narcotic analgesics also have an irritant effect on the stomach. Besides, about one in five hundred patients is "intolerant" to aspirin. Such patients should avoid not only aspirin but other related drugs which are often present in certain soaps (containing oil of wintergreen), perfumes, toothpastes, gums, lozenges etc.

## LAXATIVES

Constipation has been defined as "the functional impairment of the large intestine (colon) to produce normally formed stools at regular intervals." Doctors say that people differ widely as far as frequency, quantity and consistency of stools is concerned, so much so that it would be difficult to define "normal" stool and stool habits. Unfortunately however, the layman does not realise this. And, coupled with the wrong belief that "constipation" (real or imaginary) adversely affects health, is the ever-increasing barrage of ads in the mass media by laxative manufacturing pharmaceuticals. They, at any rate, do not seem to suffer from any constipation of product-selling ideas! It is therefore no wonder that laxatives are so commonly used nowadays — and often when they are not needed at all.

Authorities point out that in many cases, constipation can be corrected by simple measures such as increasing the roughage in the diet and water intake, exercise and treatment of emotional factors, if any. The proper "habit time" should be developed, and the natural reflex, when it occurs, must not be ignored routinely. More leafy vegetables and fruits like bananas in the diet, help to increase the roughage.

Constipation in infants and children is sometimes the sole creation of doting parents' imagination. There are many misconcepts prevalent about what is, after all, a purely natural function. Among them is the belief that a "good" and "thorough" evacuation every day is a prerequisite for well-being and health. "It is essential therefore that parents, particularly mothers, should know that the dire consequences of constipation are mostly imaginary," as one authority puts it. Occasionally

reast-fed babies do not pass tools more than once in as long s four days. This is normal and hould cause no alarm. As for rtificially fed babies, they may ften pass hard stools, with or ithout pain. In the former case, octors often advise treatment ith mild laxatives. Hard stools re the result of inadequate wa- er and sugar in the feeds and orrecting these deficiencies ob- iates the need of drugs.

To sum up then: (1) Try and orrect your "constipation" ithout using drugs, but with he measures suggested above, iz. a diet with adequate rough- ge, regular exercise and regular owel habits. (2) Laxatives, if sed properly, are harmless, but heir prolonged use could lead o dangerous consequences. hese include symptoms like yspepsia, nausea, vomiting, etc. esides depriving the body of much-needed nutritive material ike vitamins and minerals (due o their faulty absorption), ex- cessive use of laxatives can also ause a profound loss of fluid nd electrolytes from the body. ltimately, the hapless self-me- dicator may develop a total dependence on laxatives.

### SLEEPING TABLETS

A hypnotic is a drug that caus- es sleep resembling natural sleep; a sedative is a drug that reduces mental excitement. The hectic pace of today's world ge- nerates its own problems, and many of us reach out for those ubiquitous sedative-hypnotics (sleeping pills) often as a mat- ter of routine. Barbiturates are perhaps the commonest used hypnotic drugs today. An exa- mple is phenobarbitone (Garde- nal, Lumenal) which produces sleep within 15-30 minutes and maintains it for 4-5 hours. Un- fortunately, barbiturates suppress one phase of sleep called REM sleep which is associated with dreams. Therefore, when the drugs are stopped after prolong- ed use, patients experience in- creased dreams and nightmares.

Even otherwise, a hangover ef- fect (drowsiness, headache, etc.) on waking are common.

Sometimes barbiturates pro- duce confusion and forgetfulness in a patient, so that if he does not fall asleep immediately, he may forget he has already taken a dose and go on taking further doses, ultimately swallowing a fatal dose. This is called "drug automatism." Barbiturates should never be taken with, just before, or just after, alcoholic intake — the two produce a fatal combi- nation (a fact known to and of- ten used by suicides). Habitua- tion and addiction to barbitu- rates are also two important ad- verse effects. All these factors should be kept in mind by self- medicators.

### STEROIDS

The term steroids embraces a large family of hormones secret- ed by the adrenal gland, the ovaries and the testes. The ad- ronal gland itself secrets two types of steroids called gluco- corticoids and mineralocorti- coids. Among the former type, the most important is corticos- terone (cortisol) and its deriva- tives. These drugs have a variety of effects on the human body, all of which are very important for its efficient, day-to-day func- tioning. In therapy, they are largely used for their anti-inflam- matory and anti-allergic action.

Considering the indiscriminate way in which steroids are foist- ed on the ignorant customer these days, it would be sensible to remember their adverse ef- fects, particularly by prolonged use. Glucocorticoids, like many other drugs, irrtate the inner lining of the stomach. Bleeding and ulceration can therefore oc- cur. Muscle and bone can be adversely affected. Salt and fluid excretion can be hampered, and increased retention may lead to cardiovascular and kidney prob- lems.

Sometimes, latent diabetes can be precipitated by the ex- cessive use of steroids. Children given more than a certain am- ount per square metre of their body surface, may suffer from retardation of linear growth. Large doses can inhibit the en- dogenous secretion by the ad- renals, and therefore when the dosage is suddenly stopped, an acute adrenal insufficiency may be precipitated. Over-use on the other hand leads to a clinical entity called Cushing's disease.

Steroids are now constituents of a large number of pastes, ointments, creams, etc. meant for topical (local) application. Many skin conditions are also relieved by local steroid applica- tion. "Unfortunately," as one pharmacological authority has

## DRUGS: SOME DO'S AND DON'TS

**(1) Never use any drug on the advice of your friendly neighbourhood good samari- tan, or the chemist.**

**(2) Self-medication for cuts, bruises, headaches, fev- er, diarrhoea and other minor complaints is usually harmless. But sometimes these very minor complaints could be the first symptoms of a major disease. Therefore, if they do not respond to your treatment soon, don't hesitate to go to your doctor. Continued self- medication may delay the dia- gnosis, and when you finally approach the doctor because other and more worrisome symptoms appear, it may be too late.**

**(3) If you are being treat- ed by your doctor for a com- plaint, and he has prescribed certain drugs for you, do not take any other drug on your own account, or on the say-so of an all-knowing neighbour. Let your doctor know if you are already on any other drugs. And if you are one of those people who have the habit of being treated for the same disease by a number of doctors, see that each knows what the other has prescribed, before giving you a drug.**

**These precautions are nec- essary because of a phenome- non called "Drug Interaction". When two or more different drugs are taken, a number of harmful effects may follow. Fortunately, these effects are often predictable, and the patient can be warned. To give just one instance, a per- son on steroids, on unwitting- ly taking an analgesic like oxyphenbutazone, may have massive bleeding from the in- ner lining of the stomach due to their combined irritant ef- fect.**

**(4) If you have been found to be sensitive to any drug previously, inform your doc- tor, or write it in your own medical record.**

**(5) Many people possess medical cabinets at home. They should take the follow- ing precautions: The cabinets should be situated in well-lit surroundings. Medications should be carefuly labelled and arranged, so that no pos- sibility of taking the wrong one accidentally exists. (In the past, disinfectants, mistaken for tonics because of their col- our, have been drunk with dangerous results). "Left- overs," and outdated drugs should never be kept. Fin- ally, the medicine cabinets should be safely out of the reach of children.**

**(6) Pregnant women should take no drugs without the doctor's permission or pres- cription because a number of drugs are known to exert ad- verse effects on the foetus.**

**Perhaps it was the well- known Thalidomide tradgedy of Western Europe in the sixties that first focussed the attention of doctors on the teratogenic (teratos-monster) effect of certain drugs (all the babies of pregnant women who used the tranquilliser Thalidomide were born with- out limbs). At any rate, no drug is now released on the market before it is conclusive- ly proved not to be teratoge- nic.**

**Certain drugs are capable of crossing the placenta and causing adverse effects on the unborn baby. For exampie, tetracyclines given to a preg- nant woman, particularly after the fourth month of preg- nancy, can lead to yellowish discolouration of the infant's teeth, and hamper its bone growth.**

**(7) Never self-medicate yourself with antibiotics. They are potentially dangerous drugs. Even when your doctor precribes them for you, obey his instructions very carefully. Take the drugs for the full course of days he advises. If you stop after a few days just because you've improved mar- kedly, you could get drug-res- istant germs. The first few doses may have killed most of them, but if you stop then, the few remaining ones will survive and reproduce them- selves prior to attacking you again.**

## PAUSE, BEFORE YOU POP IN THAT PILL!

it "steroid ointments are being misused as a dermatological panacea because they usually give dramatic relief in inflammatory and pruritic conditions of the skin. Their indiscriminate use however is not only wasteful but also harmful." Thus, certain fungal and viral diseases are known to **spread** with steroid treatment. Other potent steroid derivatives, used carelessly, particularly in children, can lead to catastrophic results.

Due to all these reasons, doctors usually check a patient carefully before, during, and after steroid therapy. For instance, patients with a history suggestive of peptic ulcer, diabetes or hypertension. would have to be treated with caution. In conclusion then, steroids it must be stressed, are drugs that the self-medicator would be well-advised to steer clear of.

### SLIMMING TABLETS

The craze for a streamlined figure has no doubt accounted for the increasing sale of slimming drugs. Remember that these drugs only depress your appetite so that the "slimming" effect, if any, is only a temporary phenomenon: when you stop taking the pills, there could well be a rebound gluttony and that would more than make up for the weight loss!

Further, slimming tablets are not without their own adverse effects. Amphetamine and its derivatives are some of the important drugs used for the purpose, and among their adverse effects, tolerance (to the appetite-suppressant effect) and subsequently, addiction, are the most important. Also withdrawing these drugs after prolonged use may lead to a number of problems like headaches, insomnia, muscles tremor, psychotic reactions, etc.

Sometimes, obesity is a sign of a specific endoctrinal disorder, when an investigation to find the cause, and then, its specific treatment helps. More often however, it is simply a matter of over-indulgence in the fleshpots. In the long run, the layman will find that sensible food habits (moderate amounts spread throughout the day instead of one or two huge meals with countless "snacks" in between) with regular work and exercise spacing out the intake, are more than a substitute for "obesity clinics" and the myriad of dietetic and slimming courses so heavily advertised by those out to make a quick buck.

### TONICS — VITAMINS

It is quite natural that all parents should want their children to grow up "strong and healthy", as the cliche goes. Unfortunately, an over-solicitous pharmaceutical industry has decided to cash in on this parental desire, which explains their zealous ad campaign via newspaper, radio, TV, etc. Before we come to grip with these tonics and vitamins promoters let us study some elementary facts about nutrition:

When you wear your best clothes, Pond's thinks you should also wear your best face
Help your face look its most beautiful. Touch it with the softness of Pond's Face Powder. It'll give you a smooth, flawless glow that will last for hours. And hours...
Pond's Face Powder
You'll look as beautiful as it feels
Pond's
CP/1462


The human body, with its millions of cells, differentiated to perform hundreds of diverse functions, needs a number of chemical substances to keep it going day after day. The daily wear and tear process exerts its own effects and the human body constantly needs to replenish its store of these substances. And iron comes high up on the list of minerals the body requires for normal health. Why is iron so important?

Blood, we must realise, consists of solid and fluid constituents. Among the solid constituents are red blood cells (RBCs). Now RBCs consist of a substance called haemoglobin, which performs the important function of carrying oxygen from the lungs to the tissues, and waste products like carbon dioxide back from tissues to lungs. Iron is necessary for the manufacture of this haemoglobin, and a deficiency of iron therefore reduces the oxygen-transporting function of blood, which is called anaemia.

We all need about one milligram of iron every day in our food, growing children, menstruating women, pregnant and lactating mothers needing a little more. A well-balanced diet usually provides more than adequate amounts of iron. Basically iron is a toxic substance and the body has developed an ingenious way of preventing it from piling up in the system. Every day, just the amount of iron that is needed is absorbed from the intestine regardless of the amount that is ingested.

Thus, in a healthy person, a constant amount of iron is absorbed and the rest is excreted. Parents pouring iron tonics by the bottleful down their children's throats should remember that blood cannot be made "redder" (an absurd claim by some ads). If their children are healthy it is a sheer waste of money. The iron simply goes in through one end and out through the other, as one paediatrician wryly remarked.

So much for iron. Let us now consider vitamins. Incidentally, their name comes from "vital" and "amines" because they were once, wrongly, thought to be chemicals called "amines."

Vitamin A is commonly found in a number of yellow and green vegetables like carrots, spinach, etc. and also in milk and milk products. Eggs, cod and fish liver oils are very rich sources. Ordinary cooking methods fortunately do not destroy it. Vitamin A is necessary for the synthesis of a light-sensitive eye pigment called rhodopsin. Its deficiency is initially manifested by night blindness, dry eyes and a thickening of the skin, and later by blindness. Vitamin A deficiency causing blindness is a common health problem in many developing countries like India.

Of the B complex group of vitamins, B1 (Thiamine)) is found in peas, beans, the outer layer of cereals, vegetables and fruits. Riboflavine (B2) is found in liver, kidney and green vegetables. Others of the B complex include nicotinamide, pantothenic acid, biotin, cyanocobalamin (B12), etc. Vitamin B deficiency has a number of deleterious effects on the body.

Vitamin C (ascorbic acid) (rich sources include citrus fruits and green vegetables) is destroyed by excessive boiling. Its deficiency leads to a disease called scurvy.

Vitamin D is necessary for the proper growth of bones, and its deficiency causes a disease called rickets in children. Milk and milk products, eggs, cod and fish liver oils provide large amounts of this vitamin.

We need a relatively small quantity of these vitamins every day, and provided our diet is a well-balanced one, our body's requirements will be met. Any deficiency, however, has to be corrected as soon as possible to prevent permanent adverse effects. On the other hand, it should be remembered that just as a lack of vitamins causes disease, so does their excessive intake, leading to what is known

**Continued on page 42**

# ALL HAND-MADE!

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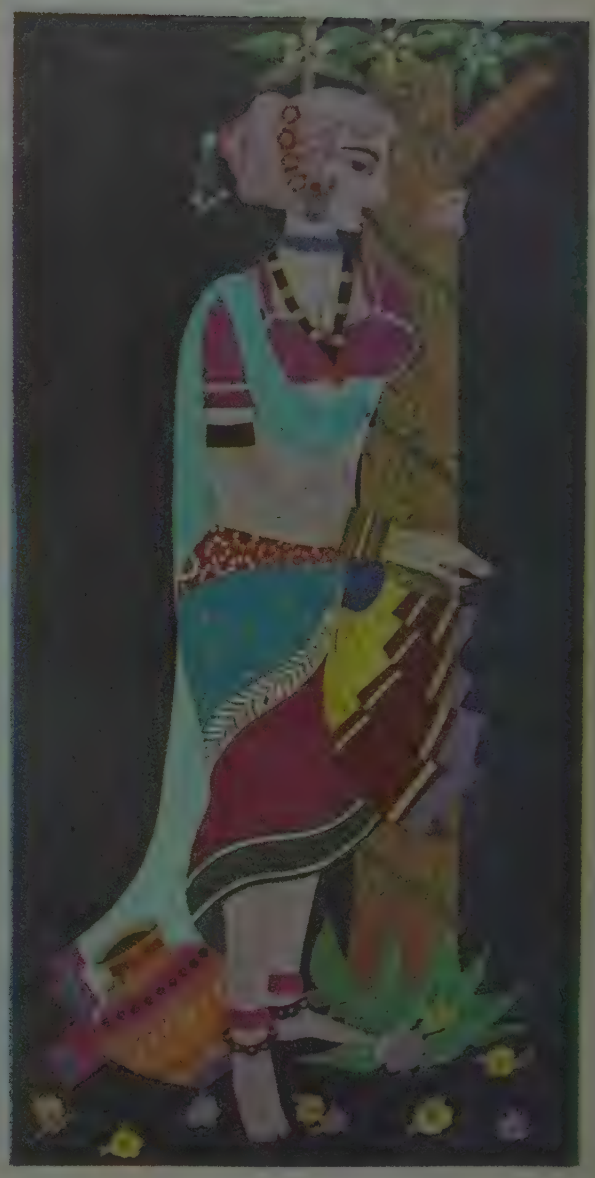
She has created these pieces with the ingenious use of oddments of fabric, braids and cords, beads and mirror pieces. "They cost so little, add so much," says Rajam, "but require tremendous patience."



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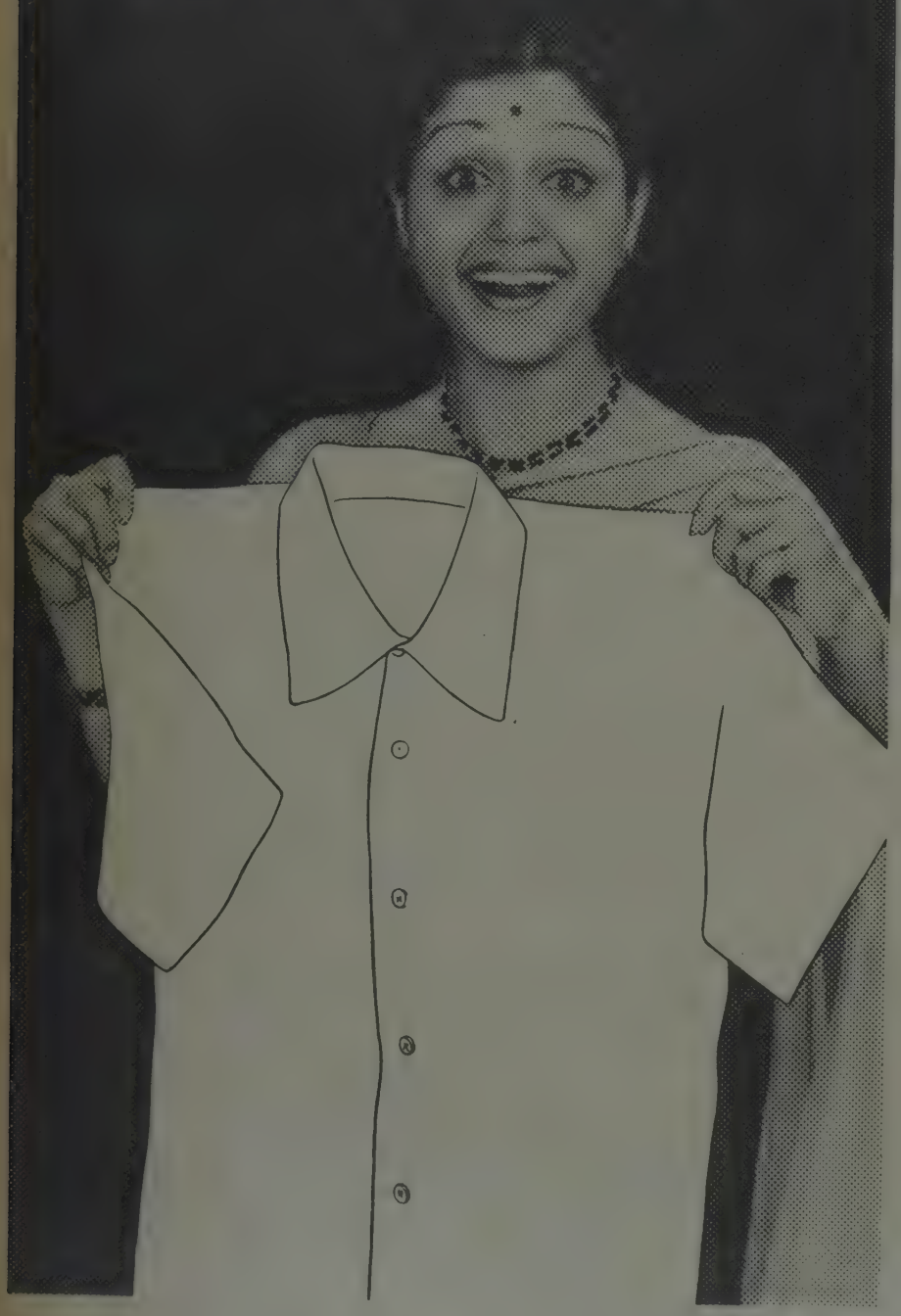

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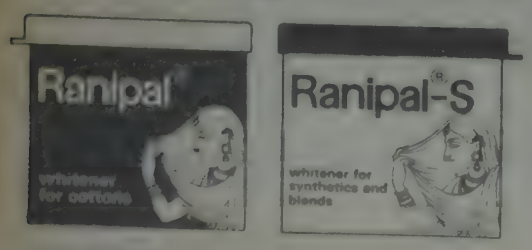





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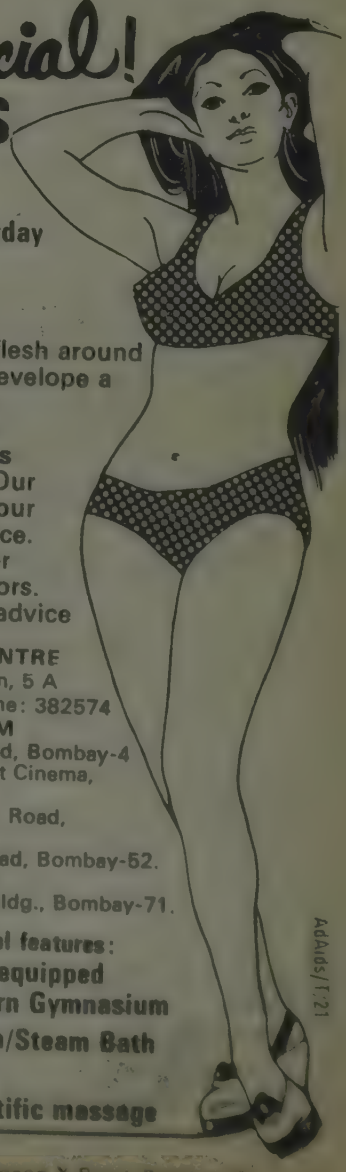

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AdAids/T.21

# MONITORING THE PROGRESS OF THE WOMEN'S DECADE

Mother Teresa lighting a candle on the concluding day of the conference.

**The conference, held half way through the Women's Decade, to assess the progress of women's development, discussed some important issues, shied away from others, and, in inviting Mother Teresa to preside, landed itself in quite a dilemma, as SUBHADRA BUTALIA reports**

The elegant building of Parliament House annexe in New Delhi hummed with unusual activity in the month of November as 150 delegates, mostly women, from 26 countries, assembled there to deliberate on the progress made in women's development in the first four years of the Women's Decade in ESCAP countries.

A global plan of action in the form of basic guidelines for raising the status of women and accelerating their participation in development had earlier been adopted at the Mexico conference in 1975. The present conference was a preliminary to the mid-decade world conference scheduled to be held in Copenhagen in 1980.

President Sanjiva Reddy, inaugurating the conference, said that if half the population consisting of women does not participate on equal terms with men, it is not possible to ensure full development of the potentialities of society.

"Despite the measures that India had taken for the development of women and the country's constitutional concept of equality, our women continue to be the largest illiterate force steeped in ignorance and superstition. Strategies of development should not stop at guaranteeing equality but must seek to enable women to make use of them. For this it is essential to estimate their needs in economic, political, social and welfare sectors."

In keeping with the spirit of the President's address, the conference confined its deliberations to the issues of employment, education, health and equality. It was generally admitted that even after four years of the Women's Decade there has been only a marginal change in the position of women and that it is necessary to identify the problems that women face in their everyday life, how their lives and service conditions can be made better and how social attitudes and traditions can be modified, so that millions of women can have better opportunities to be both agents and beneficiaries of development.

The conference was U.N. managed and India hosted. So the inevitable deficiencies of dual control manifested themselves in the constant short supply of relevant material and lack of information even on such mundane things as location of the canteen. Participants had to make their own lunch arrangements though tea and coffee were on the house.

The general sense of dissatisfaction did not confine itself to the arrangements. A number of observers felt that the conference overlooked the basic problems that women face in their day-to-day life, like the indignities and atrocities committed on them, misuse of their bodies, beatings, molestation and rape, The Indian delegates did not even refer to issues of virginity tests carried out on Asian women seeking entry into Britain or of wife-burning which has become the most rampant social evil at home today.

In a special interview with Mrs. Lucille Mair, Secretary-General for the World Conference, this writer pointed out that the conference tended to remain on the periphery of women's problems. Did she believe that the conference with its Government sponsored delegates could project a true picture of women's problems in their countries?

Mrs. Mair said that the U.N. was aware that it was not possible to get a correct picture from such participants. That is why participation had been extended to NGOs (non-government organisations) so that they could draw attention to specific issues. But she could not say how effective they could be.

How is it that the question of Iranian women did not come up for discussion? If one country after another begins to exploit the conference's inability to interfere in internal matters then various governments will continue to subjugate women and relegate them to the rearmost of human existence.

The women of Iran, at least those participating in this conference say that their country's return to religion has immensely improved their lot. They have no objection to the "chaddor" or any other rigidity imposed on them. So we are not in a position to comment on that. Five delegates from Iran attended the conference, their long habits and covered foreheads stood in complete contrast against the delicate summer dresses of the others. Even in the crowded shops of Connaught Place they looked prominent because of their coverage.

Shopping was an excitement for Mrs. Mair also. This was her first visit to India and she was as much taken up by the country as by the objects of the conference. Mrs. Mair is a self-made person. Widowed at a very young age and left with the responsibility of three children, she had to go through the hard experience of being a single parent.

Like Mrs. Mair many other delegates were also visiting India for the first time. They spent some of their time indulging in the luxury of shopping. For this they did not have to go to the city because a large number of stalls had been set up in the posh corridors of Parliament House annexe. The India stall gave a discount of 20 per cent on all silks and did a roaring sale. So did a local publishing house which had displayed a large number of books on Indian women.

After five days of deliberations, the conference arrived at a consensus and drafted recommendations running into 55 pages. The highlight was on educative awareness of women's rights and legal guarantees and also speedy dispensation of justice to them.

For those who for some reason or the other happened to lose family or community support, the conference recommended legal aid and rehabilitative service. To eliminate negative effects of these recommendations, a regular monitoring and appraisal system was proposed. It was considered necessary to

**Continued on page 41**

THE LITTLE WOMAN
by Don Tobin
IT'S TIME WE AMERICANS STARTED TO CONSERVE ENERGY -
I'M DOING MY PART, HERBERT!
NO GAS TODAY
EVERY MORNING I REST FOR TWO HOURS - EVERY AFTERNOON I TAKE A NAP....
I SAVE ENERGY BY BUYING FROZEN DINNERS INSTEAD OF SLAVING FOR HOURS IN THE KITCHEN....
GOOD GRIEF!
NOT THAT KIND OF ENERGY! I'M TALKING ABOUT CONSERVING GAS AND OIL!
GAS AND OIL?
YES! WE NEED OIL TO RUN OUR CARS AND PLANES ... OUR FACTORIES!
OH, I KNOW THAT-
7-15
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I THOUGHT YOU WERE TALKING ABOUT CONSERVING ENERGY FOR IMPORTANT PROJECTS -
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## THAT'S A LAUGH!

A mother of two young girls sought advice from a neighbour.

"Is it normal to become intensely interested in sex between seven and nine?" she asked.

"I'm afraid that's a little early in the evening," the other replied.

* * *

A society columnist asked Bernard Baruch, the financeer and statesman, how he arranged to seat the notables who attended his dinner parties.

"I don't bother about who sits where," Baruch replied "Those who matter don't mind, and those who mind don't matter."

* * *

The writer handed the script to the producer. "It took me three months," he explained, "to work over it — eliminating a few characters, introducing others, extending a couple of scenes, revising the dialogue — nothing but sweat, toil and grind."

The producer looked it over, then shook his head in the negative as he returned it and said. "It's all work — and no play."

* * *

One gold digger to another:

"What a beautiful fur coat. How much did you pay for it?"

* * *

They were discussing the attraction older men have for young girls.

"My grandfather was like that. Young girls were crazy about him."

"Was he crazy about them too?"

"He certainly was. He used to cut a notch on his cane after every conquest. And that's what killed him."

"How?"

"Well, one day he made the mistake of leaning on his cane."

* * *

The young, handsome and rich playboy was at a party, where he was introduced to a thirtyish and good-looking playgirl.

"Well, well," she said to him. "You look like my third husband."

"You look too young and pretty to have been married three times," he replied.

"I haven't," she said. "I've only been married twice."

* * *

Mary had a little lamb,
It's wool was soft and pink.

A big, bad wolf came by one day —

Now Mary has a mink.

* * *

I used to forget a lot of things, but now I write down everything on paper. In this way, instead of spending a lot of time trying to remember things, I spend the time trying to remember where I put the paper.

Compiled by:
George Fegradoe.

# RAAKHEE: BRAVE ENOUGH TO BE INDEPENDENT

**Vijaya Irani**

**TO CLAIM INDEPENDENCE IS EASY, BUT IT NEEDS BRAVERY TO SUSTAIN THE CLAIM, AND RAAKHEE HAS DISPLAYED COURAGE OF A HIGH ORDER IN HER LIFE**

She has often spoken on the virtues of being independent — a quality which she has had within her from a very early age. It is this quality that has helped set her at a good vantage point in her career and also won her admiration from many quarters. But what about her own assessment of this enviable asset?

Raakhee has mixed reactions to it. For one thing, it is her independent spirit which partly led to her inability to make a success of her marriage. Her personal experience aside, she says, "Women in the West are truly independent in the way they live and work. If our daughters were taught to stand on their own feet instead of being brought up to assume that someone else is always going to look after them, our country and our women would be much better off. We have everything here, but the quality of discipline and self-help.

"Total independence is neither good nor commendable. Lions and tigers should be living free in the jungles, but they are caged and left at the mercy of their keepers. But such a beast could destroy an entire village if set free. There has to be a via media. So it is important to curb independence within reasonable walls of discipline."

"Being an independent person, I take total responsibility for my successes as well as my failures. You cannot blame someone else for your failures if you happen to be as independent a person as I am. This independence brings with it a sense of courage, and the ability to face life bravely in all situations."

This is indeed what Raakhee has been doing. Never daunted by any setbacks, never deterred by any adversity, she has been called the industry's Most Liberated Woman. However, she didn't seem game to take on such a name.

"I only know that I cannot take certain things from others and cannot bow down to their dictates. I prefer to handle my problems and my hassles personally and in my own way."

She demonstrated her ability to handle her own problems in her own gutsy way in the following situation:

It was the premiere night of one of her films "Tapasya", and she was coming out after the show with her friend, Khatija. Amjad Khan and his wife Shehla were right behind her. Suddenly, from the crowd, she saw an arm shooting out to touch her. Something crude was also said about her friend Khatija. She got so angry that she swung round and blindly hit out at the person.

Amjad and his wife were too flabbergasted for words, and the incident earned her the fond title of "The three-foot dada" **(teen foot ka dada)** coined by Amjad.

On another occasion, when she was shopping in Calcutta with her daughter, who was a baby then, and the ayah, she suddenly found herself gheraoed by a mob of Bengali youths, outside the shop. An angry exchange of words with the shopkeeper and the boys led to their turning violent and he closing his shutters when they picked up stones. Raakhee got the shutters opened, went and stood in front of the boys and told them that she had her little baby with her and if they threw stones at the shop, the child would get hurt. This abruptly changed the scene. The boys formed a ring round her, the child and the ayah, and escorted them to her car! Panicking in such a case would have been disastrous. Tact and patience helped her out — just as talent and good judgement of roles have put her on the top today.

Photograph : Girish Shukla

# Would Your Husband Like a Younger-Looking Wife?

You probably don't even have to think twice before answering. Most husbands like their wives to look just as young as possible. Being married to a youthful-appearing woman usually makes a man feel vigorous and appealing, more sure of his own attractiveness.

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lovely secret of a unique blend containing tropical oils and natural moisture. This unusual beauty fluid, known is as ManneQuin's Vitamin E Skin Oil, was developed by beauty researchers for women like you, those women whose skin is becoming dryer and older-looking with the passing of time. ManneQuin's Vitamin E Skin Oil goes to work quickly to soften and smooth your skin. And, most importantly, to alleviate dryness. As dryness is eased, wrinkles and fine lines that make you look older become less noticeable. With regular use of this remarkable fluid, a more youthful look begins to return, a look both you and your husband have missed.

ManneQuin's Vitamin E Skin Oil moisturizing lotion, with its natural moisture and oils, quickly penetrates the significant surface layer of the skin, where it works with nature to help maintain the oil-moisture balance, an essential element needed for the freshest, dewiest, most vital skin possible. The skin-loving liquid is blended to be compatible with the skin. The complementary ingredients set up a barrier that helps retain nature's own moisture, essential if your skin is to achieve its most youthful appearance.

You will discover that ManneQin's Vitamin E Skin Oil available at chemists everywhere, displays its beautiful benefits best when applied at least twice a day. In the morning, as a superb makeup base. ManneQuin's Vitamin E Skin Oil quickly absorbs and leaves no sticky after-feel, so cosmetics don't streak or change color. Again at night, to cherish and nurture your complexion during relaxed hours of sleep.

Only you can give your husband the pleasure of a younger-looking wife. Why wait another day?

**Beauty Hints**

*If you waken during the night, the temptation is to have a snack. Instead, spend a few relaxing moments gently soothing ManneQuins Vitamin E Skin Oil into your face and throat. Both your complexion and your figure will benefit immeasurably.*

You could, of course, keep this beautiful secret to yourself, letting family and friends wonder what you're doing to look so glowy. But, like so many good things you can't keep to yourself, Vitamin E is a secret you'll eventually want to share.

manneQuin's Vitamin E Skin oil is ideal for dieting and pregnancy stretch marks on the abdomen and other parts of your body. Regular massage will make them lighter and disappear.

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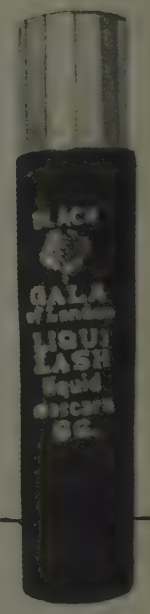


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# BEAUTY

When one talks of hair care, it sounds incredibly easy! A regular soap-and-water wash with an occasional oil massage seems the eternal answer to it. Well, it is just this routine and a few extra tips to ward off early greying of hair or stop falling hair.

Beginning with the usual washing treatment — if your hair is oily it needs a wash every three days with a lemon-based shampoo. If it is dry or normal, a wash is recommended every five-six days with a lanolin-based shampoo. Before shampooing massage a little warm hair oil and wait for half an hour. A conditioner can be used for both types of hair after the shampoo. Rinse after five minutes. Luke warm water (not hot) should be used as it encourages body while cold water makes hair dull and lanky.

If you want to maintain a certain hair length, trim it every six weeks. Check for split ends. Hair should be brushed daily with a natural bristle brush. Combs and brushes should be washed daily too. Soak them in warm soapy water for ten minutes then rinse well. Sharp pins, metal clips, rubber bands, hair sprays, metal rollers are to be avoided. Hair tossing and flying in strong breeze might be carefree but this results in tangles. Moreover, it attracts dirt and grime. So tie your hair when you are outdoors. Healthy hair needs Vitamins B complex, C and E and sufficient protein in the diet.

Lemons are excellent for combating dandruff. Mix the juice of one lemon with two tablespoons of coconut or olive oil and apply it to the hair after a shampoo. Massage well and leave it on for two hours. Then rinse your hair with warm water. Curd is also good for unmanageable hair and to get rid of dandruff. Massage three-day-old curd on the scalp for ten minutes. Leave it on for an hour, then shampoo. Olive oil is good for combating dryness. Warm olive oil massaged into the hair and scalp immediately after a shampoo is a super conditioner.

Eggs are one of the oldest beauty aids. As hair conditioner they work wonders. Beat up two eggs. After shampooing your hair, leave this on your hair for 15 minutes. Rinse well with warm water. This makes the hair shiny and prevents falling hair as well. Vinegar diluted in water also highlights bleached hair. Stale beer gives body to hair and makes it more manageable.

To treat dandruff, massage salt gently into the scalp before you shampoo your hair. To treat dry hair, warm two tablespoons of almond oil in a cup standing in a pan of hot water. Massage this oil into the scalp and cover it with a plastic bag. After ten minutes cover hair with a hot damp towel and leave it on till cool. Do this five-six times. Wash off with tepid water.

To prevent early greying of hair, mix one tablespoon of salt to one cup of strong black tea (without milk). Apply this to the hair after a shampoo and leave it on for an hour. Wash again. Here is a useful tip for oily hair. Wrap two layers of surgical gauze around a hairbrush, letting the bristles protrude through the gauze. Brush through the hair so that the excess oil remains on the gauze.

Here is a time-saving and mess-saving idea for women who colour their own hair. Dyeing hair is such a chore and to add to this, it always ends up with blotches on face due to colour dripping. Use a tooth brush — it holds just enough to brush on without picking up so much that it drips. It is really useful for the hair line.

Wispy hair ends? After styling your hair, spray with a good spray. Tie a scarf around your hair immediately till the spray dries up. When you remove the scarf you will find every hair in place. Alternatively, you can spray a cottonwool ball with the hair spray and stroke the stray ends into place.

One cannot discount the fact that hair care is just a part of the general body care plan. Clean shiny hair loses its sparkle when the rest of the body is unhealthy and unclean. But, since the first thing that one notices about you is your face and hair, do not let the face down with lanky hair. Also do not let the hair down by neglecting it. Keep hair healthy and lustrous always.

**Gurdeep Nagi**

# WHICH HAIRSTYLE FOR YOU?

Don't underestimate the importance of a right hairstyle. The final effect of any hairdo should be harmonious — completely in tune with your face shape, features, figure, hair texture and age.

**Round face:** This is nearly circular in shape. Don't part hair in the centre, a side part is best, and, keep hair above ears so that an illusion of height is achieved. Lengthen it with height at top.

**Square:** The square jawline is about as wide as the cheeks and the forehead is squared off. Round this off by covering top corners. To soften square lines, add height and detract from broad jaws. Place emphasis on soft full waves at the top to achieve this. Don't style hair too severely or pull it back at temples, or have it too wide at lower sides.

**Oblong:** A long face with jaw as wide as forehead and cheeks. Add fullness at sides for more width. Don't have high hairdo's that add unnecessary length to face. You need more softness to your style to round off the angles.

**Triangular:** Wide chin and jaw tapering up from cheeks to narrow forehead. Add width at brow with a style that lifts hair at temples and curves around the brows in soft, wide arcs. Don't have full, winging style at sides that exaggerate the width of jaw. Avoid severe styles.

**Inverted triangle:** Very broad browline and narrow jaw area. Try fullness at the jaw area to make it appear wider and less pointed. Don't have middle part or behind-the-ears hairdo.

Individual features can also be camouflaged or accentuated by proper hairdo's. A long nose can be balanced by masses of hair at the back; never pull back hair, and avoid middle part.

Avoid pulled-back styles if forehead is high and cover part of the forehead with partial waves.

If your jaw is heavy, keep jawline bare, and have waves or curls above it at the temples.

Long neck — wear back hair long and avoid short hairdo's.

Short neck — keep back simple and have moderate length to short hairdo's.

If you wear glasses, have an uncluttered hair line.

**Ratna Gehani**

# PRINTED NEWS

**Patterns in prints — vivid vibrant and flattering — now blooming new on lightweight organdies, organzas, silks and chiffon sarees. Prints make a perfect setting just anywhere, anytime and any place and, glowing in gay and gorgeous colours, catch the eye of the spectator.**

**Latch on to the craze of new winter prints designed by JYOTI MERCHANT and pick up your selection from an exhibition-cum-sale to be held at Aakar Art Gallery on February 4 and 5, 1980.**

**Courtesy: Chunnari Prints, Bombay.**

FT: The elegant twosome — a iped organza in a duo colour mbination has delicate floral rays adorning the skirt edge, ile the vertical self-striped organza red is overprinted with bold d striking flowers in red and black.

OVE: The feel is cool in crisp, sy-care and easily wash 'n' wear gandies. One is printed all over, d the other has a stripe pattern.

GHT : For evening elegance — a low chiffon saree with a border nt. Leaf motif highlights the skirt d pallav edge. The green shaded ffon has a geometrical pattern nted in horizontal borders on the nter shade of the saree.

**cation Courtesy : Sophia College, mbay.**

ographs : Taiyeb Badshah

TRUE CONFESSION

# BLACKMAILED BY MY OWN BROTHER

I had known Karuna since we were both young girls in boarding school, but I had never hated her like I do now. We had studied together and played games, romped in the hills and bid tearful goodbyes to each other at the railway station each time the vacations started. We could not bear to part even for those two months, when we had perforce to go away to our respective parents. Her home was in Kanpur and mine in Jullundur. We wrote avid letters to each other in those weeks when we lived apart.

A month before we were scheduled to leave school for good, I ran to Karuna with a letter in my hand.

"Look," I cried excitedly. "My father has been transferred to Kanpur." She hugged me.

"Now we can always be together," she said.

That time, when we bid each other goodbye at the railway station we were not so heart-broken because I knew I would be in Kanpur with my family in a few week's time.

"We'll go to the same college," I said.

She nodded wordlessly and climbed on the train.

"Write and let me know when you're coming," she screamed as the train began to move. I waved till she was just a speck on the hurtling mass of metal. I was going with another batch of students to my destination.

It was on an evil day that we moved. How else can I explain the incidents that followed? No, there was no untoward happening on the journey. We started on schedule and arrived at Kanpur city station as planned. Arrangements had been made for us to stay in a friend's bungalow till father got accommodation and settled in.

As we were piling the luggage into a taxi, Karuna appeared. I had intimated to her the time of our arrival. "Oh, please," she pleaded with my father. "Do let Savitri come and stay with me." I looked at my mother.

"Let us settle down, Karuna," she said smiling. "Then you two can gallivant all you want."

The hot summer sun beat down on us relentlessly, but she would not let go my hand.

"Why don't you come with us now?" asked my father. "We can phone your parents. I'll drop you back later."

She climbed into the taxi with me.

In Swaroop Nagar where we were to be put up till father acquired a flat of his own, Karuna told us that she would not be going to college here. She was going away to a hostel in Bombay.

"Why?" I asked. "You've lived in a boarding school all your life. Surely you're entitled to some moments at home now?"

She looked away and a tear glinted in her eye.

"Karuna," I asked, "What's the matter?"

"My parents are separating," she cried and burst into tears. We stared at her aghast. In the traditionally austere family atmosphere in which I had been reared, divorce was a bombshell.

"Oh I'm so sorry," I stammered, giving her hand an affectionate squeeze. My mother was nonplussed for words. Father was busy attending to the luggage and didn't appear to have heard us.

"Oh mother," I pleaded. "Can Karuna stay with us?" She didn't reply. "Please mother," I persisted. "We can go to college together." She turned to me and her eyes grew hard. There was not a trace in them of warmth or compassion.

"When her parents are anxious to send her away," she asked coldly, "Why do you want to keep her here?"

My face grew hot with shame and rage. I understood their bigoted mentality. They did not want the slur of a broken home to come anywhere near them. They wanted to keep Karuna at bay. I looked at the girl who was wiping her eyes with a lacy, embroidered handkerchief. The clothes she wore bore the unmistakable stamp of expensive elegance. She came from a rich business community and she had money in plenty, but parental love had forsaken her. My heart went out to her.

Later, over the meal which had been prepared for us by the cook, she caught my eye across the table and gave a weak smile. I reciprocated with warmth. My mother passed round the food wordlessly, ignoring the glances that passed between us. After lunch, father dropped Karuna back on a scooter that had come along with us in the brake van. I waved to her from the balcony upstairs. She waved back. "I'll see you soon," she said.

I heard mother come up behind me and turned.

"Your bath water's ready. You can wash and then unpack your things," she said.

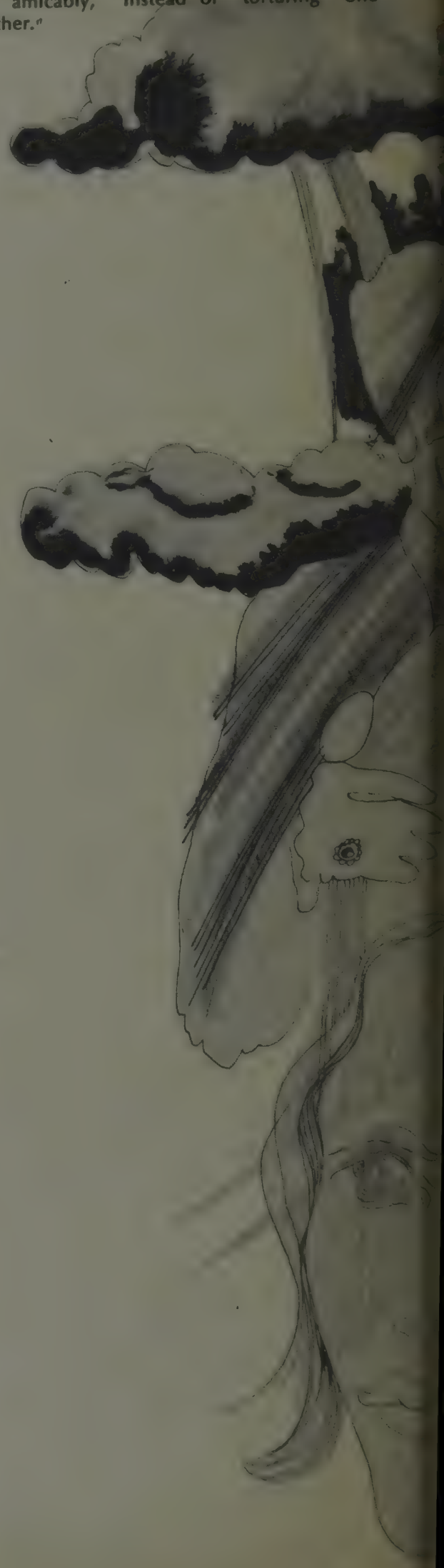
"You don't like my friend do you?" I challenged.

"No," she said frankly. "I don't. It is better we ordinary folk steer away from the likes of her."

"You're jealous of them, mother," I cried, "just because they have more money."

"I abhor them," she retorted, "because they have no morals."

"Don't be a prude mother," I said. "Divorce is a perfectly normal thing these days. If two people can't make a marriage work, they decide to make a clean break. They part amicably, instead of torturing one another."



She drew back her hand and gave me a vicious slap across the cheek. I stepped back, stung.

"Have you no shame, talking like that?" she cried. "After the way we have reared you, the lessons we have inculcated in you about the sanctity of the marriage vows!"

My eyes were swimming with tears.

"You're no better than they, mother," I said. "You too kept me at a distance just like her parents did. You starved me of affection in my younger years. What are marriage vows worth if your children grow up resentful?"

"You ungrateful child!" she shouted. "Do you know why we sent you away? We wanted you to have an uninterrupted education, not a haphazard schooling, during your father's frequent transfers. . . But do you know why they sent Karuna away? They did it so that she would not know of their immorality."

Tears came to his eyes. My own were moist too, but with regret at my harsh words to her earlier, which I was sure had brought about this calamity.

I felt a chill panic. What if she had told him about them? I looked at his face. He patted my head and asked me to call the doctor. Then he went to mother's bed and sat down near her, stroking her head and running his fingers through her hair. I watched them and thought to myself, perhaps this was what she had meant about the sanctity of marriage, a life-long bond that carried you together till death's door. A sob caught in my throat and I rushed from the room, in search of the doctor.

Kapil came an hour after she died. I hugged him and wept.

**MY FACE GREW HOT WITH SHAME AND RAGE. I UNDERSTOOD THEIR BIGOTED MENTALITY. THEY DID NOT WANT THE SLUR OF A BROKEN HOME TO COME ANYWHERE NEAR THEM**

"Mother," I said. "It is not the reasons that count. It's the results."

"Get this straight, Savitri," she admonished. "That friend of yours is not coming to stay here, even if you tear your hair with rage."

Events worked out strangely. Mother was suddenly taken ill. We had just moved into our new house. The doctor was of the opinion that the strain of moving had been too much for her. She was suffering from hign blood pressure among other things and a stroke was feared. Only I knew the possible reason for it. She had not been able to take the harsh words I had rained on her that day when Karuna first came to our house. I told no one about it, not even father.

I sat beside my mother, suddenly subdued in the quietness of the darkened room.

"Savitri," she said softly. In spite of the low pitch of her voice, I jumped. Her speech sounded strange. I called my father. He strained to catch her words.

"Call Kapil," she panted and her voice trailed away.

"Yes, yes. He's already on his way," he said soothingly.

Kapil was my brother. He was employed in Bombay in a pharmaceutical company and we had wired him the news of mother's illness.

A telegram had come intimating his arrival time. He was coming by noon. Still two hours to go.

Father took me aside and whispered, "I don't think she will see him."

I stared at him, shocked. I had no idea she was going to die so soon.

He took my hand in his. "You must be brave, Savitri," he said. "Though it will be hard on you. To have lived away from home for so many years and now to lose her, just when you're back for good."

Karuna came too. She said, "Savitri, I will stay with you, till you get over the shock."

Father nodded briefly too overcome for words. I think it was the doctor who said, "She needs a woman's touch now, which neither her father nor brother can give."

That was how Karuna came to stay, casually, without fuss. Mother who had resented her so much during her lifetime, could do nothing about her presence now.

I should have watched the currents passing between Kapil and her but I was too engrossed in my own grief to notice.

Often, they slipped out of the house while I read, making some excuse about going to some shop.

Karuna and I shared a bedroom. One night, I woke with a start to find Karuna's bed empty. I felt sick with fear. I believed myself personally responsible for her safety. I slipped on a robe and went outside. I could hear their voices in the courtyard even before I saw them. They were laughing and talking. "I must go back," Karuna was saying. "What if she gets up and notices I am missing?"

"So what?" said Kapil. "She's not a baby. She is your age. She will understand."

"Kapil, whatever will I do when you go away?"

She put her arms round his neck. "Don't worry your pretty head about such things," he said.

I stepped out of the gloom. They sprang apart, startled.

"Savitri!" cried Karuna. She had a bedsheet drawn up to her chin.

"Come back to the bedroom this instant," I said.

Kapil said, "You will not order her about. I love her."

**Continued on page 50**

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# Umm-m-m!

## SWEET AND SOUR

Premila Lal

**There'll be good appetites all around during the winter months and it's safer to serve palate-pleasing tempters to the family either for a quick lunch or dinner. These dishes not only save time but are ideal, especially when you wish to spend less time in the kitchen. Blend your vegetables, meat and fish dishes with a dash of sweet and sour sauce and make a simple dish a memorable one. These dishes will score a hit and will brighten your dinner table considerably.**

### SWEET AND SOUR PORK CHOPS

| | |
|---|---|
| 6-8 | pork chops |
| 1 | cup chicken broth |
| ½ | cup pineapple juice |
| 1 | tbsp. soya sauce |
| 1½ | tsp. salt |
| 2 | tbsps. margarine |
| ¼ | tsp. dry mustard |
| 2 | tbsps. cornstarch |
| 1 | cup diced pineapple, canned |
| ½ | cup onion greens, chopped |
| 2 | tomatoes, cut in wedges |

Sprinkle pork chops with salt. Brown slowly in margarine. Add a couple of spoons of water. Cover and simmer until chops are tender for about forty five

Photograph : Taiyeb Badshah

minutes. Pour off the fat. Put broth, pineapple juice, soya sauce, mustard and cornstarch in a pan and blend. Heat and simmer stirring, till smooth and thick. Put in pineapple chunks, onion greens and tomatoes and simmer for a few minutes. Put chops in a skillet, pour over with the sauce and reheat. Serve with steamed or fried noodles.

## MASALA BAINGAN

6-8 small round brinjals
¼ coconut
6 cloves garlic
¼ inch piece ginger
2 red chillis
1 tsp. coriander seeds
¼ tsp. cummin seeds
1 tsp. dried tamarind
1 tsp. jaggery
Salt to taste
¼ tsp. turmeric
1 tbsp. oil

Slit the brinjals in quarters leaving quarter inch near the stem. Grind together all the remaining ingredients. Heat the oil in a pan and fry the ground paste till brown and well cooked. Stuff the brinjals with this mixture. Place in a cooker with half a cup of water and bring to pressure. Cook for 5 minutes and bring down pressure instantly. Cook covered till tender. Garnish with chopped coriander.

## MASALA PORK ROAST

**1 leg pork (about 1½ kg)**
**½ cup vinegar**
**6 red chillis**
**1 small pod garlic**
**½ tbsp. coriander seeds**
**¾ tbsp. cummin seeds**
**½ tbsp. mustard seeds**
**3 cloves**
**½ tbsp. salt (or to taste)**
**2-3 onions**

Grind together the chopped onions, garlic, coriander, cummin seeds and mustard seeds, dry red chillis and salt with the vinegar, to a smooth paste. Trim the leg of pork and cut out excers fat. Slit diagonally with a sharp knife to make a diamond pattern. Smear the whole leg with the ground paste and stick the centre of each diamond with a clove. Leave to marinate for an hour. Roast for about three hours in a moderate oven till tender. Baste occasionally with the masala juices. Serve with the vegetable mayonnaise salad.

## MANGO PACHADI

**2 large half ripe mangoes**
**⅓ cup jaggery, grated**
**1 tsp. salt**
**¼ tsp. turmeric**
**1½ tbsps. rice flour**
**2 tsps. mustard seeds**
**6 green chillis**
**1 sprig curry leaves**
**1 tbsp. oil**

Dice mango into two inch pieces. Remove the inner seed. Put one and a half cups boiling water in the cooker. Add mango, turmeric and salt. Bring to pressure and cook for five minutes. Reduce pressure, add jaggery, and stir to dissolve. Blend flour with a little water and add to the cooker. Bring to boil and cook for a few minutes. Heat the oil in a small pan and fry the mustard. When they stop spluttering, add chopped chillis and curry leaves. Stir and add to the pachadi.

## FISH CURRY WITH LADY FINGERS

**250 grams lady fingers**
**500 grams fish**
**250 grams onions**
**4 red dry chillis**
**125 grams curds**
**4 cardamom pods**
**30 grams ginger**
**2 tsps. sugar**
**45 grams ghee**
**45 grams mustard oil**
**Salt to taste**

Cut the fish into fairly large pieces and keep aside. Slice the onions. Chop the lady fingers. Remove the seeds from the chillis and grind the skins. Grind the ginger. Fry the cardamom in ghee. Now add the sugar and stir till it turns brown. Brown the sliced onions in it. Beat the curd to a smooth paste and add to the onions. Put in the fish, lady fingers, chillis, ginger and salt. Cover the dekchi and cook for ten minutes or till tender. Remove from the fire. Serve hot or cold with rice.

## PARSI FISH SAUCE

**1 large pomfret**
**4 green chillis**
**1 tsp. cummin seeds**
**4 tomatoes**
**2 onions**
**6 cloves garlic**
**½ cup vinegar**
**90 grams flour (gram or rice)**
**Small piece ginger**
**2 tsps. sugar**
**2 eggs**
**2 tbsps. ghee**
**Coriander leaves**
**Salt to taste**

Grind finely the garlic chillis, cummin seeds and ginger. Heat ghee in a shallow saucepan and fry the finely sliced onions, add ground masala and brown. Mix the flour in a cupful of water and add gradually to onions, stirring constantly. Now add fish cut into pieces, tomato slices, salt and some of the chopped coriander leaves. Cook till tender and remove.

Just before serving, add beaten eggs mixed with vinegar and sugar and carefully mix in. Heat but do not boil as the sauce may curdle. Hard boiled eggs or prawns may be used instead of fish. Garnish with chopped coriander and serve with yellow rice and pappadums.

## PORK WITH SWEET MASALA

**1 kg pork**
**4 onions**
**A piece ginger**
**1 tsp. pepper powder**
**½ kg carrots**
**A few mint leaves**
**A few celery leaves**
**2 tbsps. vinegar**
**2 tbsps. sugar**
**Ghee**
**Salt to taste**

Cut the pork into thin slices and wash well. Slice the onions, ginger and carrots. Heat the ghee in a pan and brown half the sliced onions. Then, put in the pork, salt, pepper and vinegar. Cover and cook till pork is brown on both sides. Add 2 cups water. Cook for an hour or till the pork is tender. Add remaining onions, ginger, celery, mint and carrot. When vegetables are done add the sugar and cook till the gravy thickens.

## TOMATO CHUTNEY

**1 kg tomatoes**
**2 tsps. raisins**
**8 cardamoms (ground)**
**180 grams sugar**
**1½ tsp. salt**
**180 grams vinegar**
**1 tsp. red chilli powder**
**2 bay leaves**

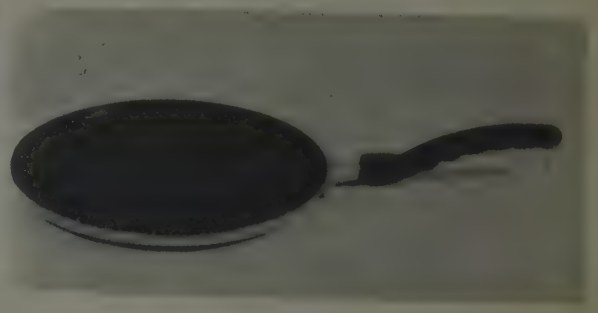
CHOP FINELY:

**30 grams ginger**
**30 grams garlic**
**30 grams onion**

Use large, firm and ripe tomatoes. Drop in boiling water, cover and let stand for two minutes. Drain and peel and chop fine. Combine chopped garlic, ginger and onion and cook, stirring well till tender. Add vinegar, sugar, ground cardamoms, salt chilli powder and bay leaves. Keep stirring till the chutney thickens. Remove from the fire and cool. Remove bay leaves and store in a glass jar.


**NEW GIFTS FOR OUR COOKERY WINNERS**

**The Cookery Queen for the month of February will receive, in addition to the usual cash prize of Rs. 100.00 :**



1) A non-stick coated 300 mm, 14 gauge Tava from TRUPTI INDUSTRIES, Bombay and 2) A Gift Hamper from CORN PRODUCTS containing Brown and Polson Custard Powder, Rex Jelly, Rex Baking Powder and Davis Gelatine.

# RECIPES FROM OUR READERS

Mrs. Babal Singh, Mhow.

## COCKTAIL FISH

**1 kg fish (surmai or singhara)**
**15 - 20 cloves garlic**
**25 grams ajwain**
**2 big pieces ginger**
**4 tsps. salt**
**2 tsps. red chilli powder**
**2 tsps. turmeric powder**
**100 grams gram flour**
**Oil for frying**

Grind into a wet paste ajwain, ginger and garlic. Cut fish into required pieces. Mix all the above ingredients except the gram flour with the fish. Marinate for an hour. Heat oil. Take a piece of fish and roll in the gram flour and fry on slow fire till brown. Similarly fry all the pieces. Serve hot with mint chutney.

Mrs. D. Khan, Hyderabad.

## PIZZA

**1 shermal (flat bun type bread) 8"-9" in diameter**
**3 tbsps. cheese, grated**
**2 hard boiled eggs**
**1 bunch coriander**

FOR THE MINCE :

**250 grams mince**
**2 onions, sliced**
**½ kg tomatoes, peeled and chopped**
**1 bunch coriander**
**2 tbsps. oil**
**½ tsp. ginger and garlic paste**
**1 tsp. pepper**
**½ tsp. chilli powder**
**½ tsp. turmeric powder**
**Salt to taste**

FOR THE TOMATO PASTE :

**½ kg tomatoes**
**1 onion**
**½ capsicum**
**6 pods garlic**
**1 tbsp. vinegar**
**½ tsp. chilli powder**
**½ tsp. sugar**

CAPSICUM RELISH :

**1 large onion**
**1 large capsicum**
**4 pods garlic**
**1 tbsp. oil**

MINCE : Fry sliced onions in hot oil till brown. Add ginger-garlic paste with powdered spices. Fry without browning. Add tomato and cook stirring frequently till the gravy thickens. Add mince and fry well. Add just enough water to cook till tender. When dry mix in chopped coriander.

TOMATO PASTE : Dice the tomato, onion and capsicum. Chop garlic. Place in a pan along with other ingredients, simmer on low heat till reduced to half. Strain through a seive extracting as much pulp as possible. Cook till ketchup consistency is obtained.

CAPSICUM RELISH : Heat oil. Fry the chopped onion and garlic lightly. Add chopped de-seeded capsicum and cook covered till capsicum is soft, sprinkle salt to taste. Slice the top off the shermal, carefully remove soft centre without damaging sides or base. Leave enough to maintain shape. Fill cooked, cooled mince into the bread shell. Spread over the capsicum relish. Top this with tomato paste. Finally sprinkle grated cheese and place in hot oven (370-400°F) for fifteen minutes or till cheese begins to melt. Sprinkle chopped coriander and press in slices of hard boiled egg in an attractive pattern. Serve cut in wedges.

# WEEKLY WINNER

**T. R. MENON, Bombay.**

**Mrs. Menon wins Rs. 50 for this week's best recipe plus a 9 cup Storefresh container from Trupti Industries, a gift hamper from Corn Products and P. Mittulaul Lalah and Sons, Madras.**

## PRAWN DUMS

**1 cup flour**
**2 potatoes, boiled and mashed**
**A pinch of salt**
**1½ cup prawns, cleaned and crushed**
**2 green plantains, skinned and chopped**
**A pinch cummin powder**

GRIND TOGETHER :

**1 big onion, chopped**
**1" piece ginger, finely chopped**
**A few curry leaves**
**1 tsp. red chilli powder**
**1 tsp. pepper powder**
**Salt to taste**
**1 tsp. lime juice**
**Oil for frying**

FOR DECORATION :

**Onion rings and coriander leaves, chopped**

Knead flour and mashed potato with salt and cummin into a smooth dough. Make six equal size balls. Smear with little oil and keep aside. Heat two tablespoons of oil and add the ground masalas. Fry a little. Add the prawns and the plantains. Stir well. Cover and cook on a low flame. Remove when cooked. Cool and make six elongated rolls of three inches in length, slightly tapered at the tips. Keep aside. Flatten the dough balls into poories to fit the prawn rolls. Place each of the rolls in poories. Roll them. Seal the edges. Roll them once again to even the stuffing. Heat oil. Fry them deep till brown. Decorate with onion rings and coriander leaves. Serve hot with coriander chutney.

## COOKERY CONTEST ANNOUNCEMENT

### A Scheme For the Monthly Cookery Queen Contest.

**All cookery contestants for the monthly Cookery Queen Contest have to send in their recipes, non-vegetarian or vegetarian according to the subjects specified for each month. We give below subjects for the coming three months to enable you to send in your entries well in advance.**

March, 1980
SOUFFLES — SAVOURY OR SWEET

April, 1980
COCONUT VARIETIES

May, 1980
MANGO MARVELS

**All entries for March should reach us latest by February 5, April entries by March 5, and May entries by April 5, 1980.**

## COOKERY CONTESTANTS!

Revised Contest Rules

1. Each recipe must be accompanied by this coupon.
2. The author of each selected entry will be informed in advance and requested to send a passport size photograph of herself to be published along with her recipe.
3. The recipe must be original and not copied from a cookery book, a magazine of any other published material. The prize-winner shall have to sign a declaration to that effect before the announcement is made and the prize awarded.

Address your entries to the Cookery Editor, EVE'S WEEKLY, Bombay Samachar Marg, Bombay—400 023.

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PASSING THROUGH

RONNI ALEXANDER

# EDUCATION FOR PEACE

Ronni Alexander, a world-service worker from the International Division of the National Council of Y.M.C.A., U.S.A., visited Calcutta to meet the various women's welfare groups and the Y.M.C.A. members. What was interesting was that Ronni has been working for the last two years in Hiroshima. She is on the staff of the Hiroshima Y.M.C.A. where she conducts peace education programmes with her Japanese colleagues for international groups. She knows enough Japanese now to communicate with the various people she meets at work and in her daily life.

Born in 1956, in Los Angeles, California, she got her B.A. degree from Yale University and majored in Community Psychology in 1977. While at Yale, Ronni got interested in the problems of truancy and gained a lot of experience in social work as a research assistant. She organized a Volunteer Day-Care Centre with the campus Y.M.C.A. and helped raise 10,000 dollars for the project. Young unmarried mothers, their ages ranging from 14 onwards, were given child care education and often wooed back to formal education through this Centre. "It was heart-breaking to see how bewildered and unsettled these very young unmarried mothers were, and it was worth our while when we could give them back a sense of dignity and purpose through our courses," she said.

Her assignment in Hiroshima has given her a lot of experience too. As an American didn't she ever face animosity from the Japanese? Ronni said, "As a white American, I thought it was someone's idea of a bad joke to choose me for Hiroshima!" It was therefore not without apprehension that she made contacts with many elderly people who had suffered the terrible agony of the atom bomb, lost their families, their homes, and were disfigured for life. Yet, said Ronni, they showed no bitterness, no animosity to her for being an American. She is looking forward to going back.

This present tour, sponsored by the International Division of the American Y.M.C.A. in collaboration with the Asia Area will take her from India to Bangladesh, Burma, Thailand, Phillippines Malaysia, Singapore, Indonesia, Hongkong and Taiwan.

How did she define Peace Education? Ronni says that to impart it, one has to work on the factors that are responsible for destroying peace — that is, not only warfare but hunger, poverty, illiteracy, ignorance.

"Peace education and community service have a habit of snowballing if there is a sense of dedicated love and purpose behind them," she added. This is her goal and when she showed pictures of a rebuilt, beautiful Hiroshima, one had to believe in the efficacy of her mission.

**Tapati Mookerji**


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# Inquisition

THE LITTLE
GIRL CLUNG TO ME
AND HER WORDS
CAME OUT IN SOBS.
SHE HAD
BEEN A WITNESS TO
THE WHOLE INCIDENT

**Poonam S. Kohli**

It is not a story, nor is it a news item clipped off from a local Daily. But perhaps it is similar to both. The whole drama was enacted in front of many of us and yet none of us was present at the climax.

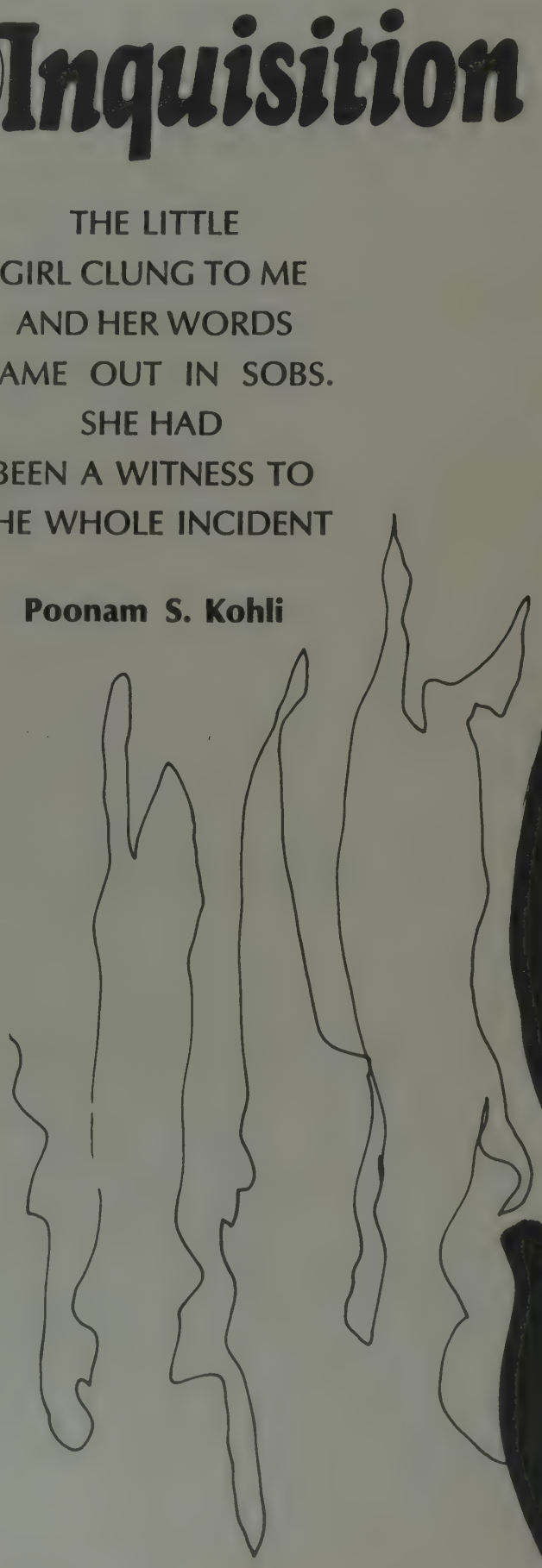
The stage was set in the flat exactly opposite to mine. The house is absolutely dark now, but I can still see the shadow of Shashi Deshpande moving in and out of it. Shashi was my friend, an old friend of college days, but this shadow of hers in the pitch darkness of the night frightens me. As the evening falls, I try to avoid looking at that deserted flat, but while pulling the curtains of my sitting room, my eyes stray and Shashi Deshpande's face flashes from her kitchen window.

The flat has been vacant for the last six months. Nobody wants to occupy it. Earlier, everybody around here had suddenly started talking about Shashi and Suresh Deshpande. Coffee parties, ladies clubs and kitty parties of this small colony had at last struck on a subject which was both interesting and sensational for them. Gradually the subject had got worn out, the sensation had faded, and Shashi had disappeared from the conversation. But to me her flat with the dilapidated plaster and grey deserted look still haunts as does Shashi herself.

It was a sultry evening when I had decided to have a stroll on the small road in front of our houses, with Mrs. Gupta. Ours is a small colony, thirty miles away from the town, mostly inhabited by the engineers and other officers working in a steel plant. The colony being far from the city, and most of the engineers being invariably busy at the site till late in the evening, the ladies are left with two ways of keeping themselves busy. One is playing cards which is more fascinating for those who are slightly advanced in age and the second is gossip that always revolves around maid servants, vegetable prices and designs of sarees. Since I do not have any particular love for cards my evenings are usually spent in gossiping.

Out of the large number of ladies who are free in the evenings — their children having been deposited with "ayahs" — I prefer the company of Mrs. Gupta who has a pecularly interesting way of interjecting every alternate sentence that she speaks, with a piece of maternal advice. That evening, like most other evenings, she was recounting some of her experiences and was advising me about everything starting from cooking, to dealing with my husband's boss, Executive Engineer Mr. Bose's wife.

In the next lane, many people were gathering in Mr. Bose's house for the card session. Some of them were habitual card players, while others played so that they could lose a few rupees to Mrs. Bose and win a few smiles and a little intimacy with the family. Mrs. Shashi Deshpande neither played cards, nor could

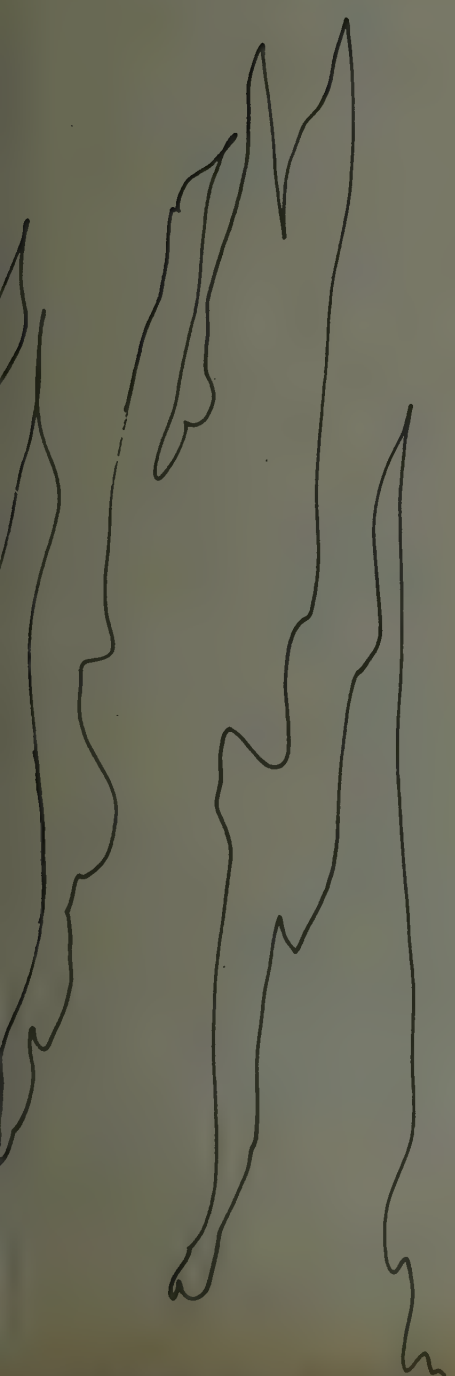


she spare any time for gossip. She had produced three children in five years of married life and they kept her busy all the time.

I had known Shashi from her college days. She was very intelligent and had a beautiful round face, pink complexioned and skin like silk. She had been a rage at the university in those days. But when I saw her here after six years I passed a sleepless night.

Suresh Deshpande was a senior administrative officer in the same plant where my husband was working. He was short, thin, very dark, with a swarthy, pimpled skin which made him all the more ugly. He was also very boring and dull.

In his anxiety to have a son, Deshpande had made Shashi produce three daughters in quick succession and in the process she had grown very fat and pale. After meeting them I had felt that if marriages were really made in heaven, Providence had made its wildest mistake in joining these two souls. I had tried to revive the old friendship, but Shashi had not responded. She just shut up herself in her house and shunned all company.



In the quiet of that evening as we were crossing their house, we had heard some noise. The loud, angry voice of Deshpande could be heard from where we were standing. The replies we heard from Shashi were indistinct.

Then something had fallen with a dull thud. Mrs. Gupta, who had inside information on every household, raised her nostrils disapprovingly. This was the answer to my questioning look.

"I hear this noise from their house every day," she said and became quiet, but her quivering nostrils had said everything. In order to understand Mrs. Gupta it is essential to learn the language of her nostrils and narrowing eyes.

"People have very often heard her cries. Almost after every party he beats her brutally," Mrs. Gupta said.

"Why?" I asked.

"Nobody knows, but even a small routine compliment to Shashi seems to upset him. That is why she shuts herself up in her house. Do you know what is Hell? Ask Shashi, she is living in one."

She continued without waiting for my answer. "But who can help unless she herself comes out and shows some spirit? People know everything, but Deshpande is a senior officer. Nobody dare interfere."

We had retreated from that road lest Shashi feel embarrassed seeing us there. It was very surprising that Shashi, who had been such a lovable person, should have adjustment problems with her husband. But perhaps a deep seated feeling of inferiority made Suresh take it out on Shashi by torturing her.

One day, as I passed the house, I noticed that the windows of Shashi's flat were shut as usual as if to deter all visitors. Then I saw Deshpande running down the stairs and desperately knocking at Mr. Ghosh's door opposite. In a couple of seconds Mr. Ghosh was rushing towards Deshpande's flat. I could sense that something was wrong and hurried to their house.

The door was open, but the house presented a ghastly sight. For a moment I could not see anything. The room was full of smoke and a strange acrid smell emanated from inside. Mr. Ghosh was opening the windows. In one corner Shashi lay on the bed with her face twisted in agony. She looked horrible. Her whole body was burnt. As our eyes met, there was recognition and she murmured, "Neeru, I got burnt." Then she fell unconscious. In the kitchen small burnt pieces of her dress were littered all over. There were match sticks lying on the floor, the table fan was on, and the milk that had been simmering on the gas had burnt at the bottom and sides of the vessel.

Outside Deshpande was saying, 'I was reading in the bedroom when I heard her scream and I came running and saw that her clothes had caught fire. With great difficulty I extinguished the fire." On the table in the bedroom a book was lying neatly opened.

In one corner of the room four-year-old Manu, Shashi's eldest daughter, was standing stunned, nervous, pale, trembling violently. I instinctively picked her up in my arms and came out of the house to inform Mrs. Bose who could get the urgently required medical help. As I was running to their house, Manu, who was clinging to me with her head resting on my shoulder, suddenly started sobbing and was saying, "Papa did it to Mama, Papa did it."

"Don't talk like that Manu," I tried to pacify her. "It was an accident."

"Papa was beating mama with an iron bar," she went on, as if she had not heard me and she continued hysterically, "Mama's clothes did not catch fire. Papa was lighting so many match sticks. Mama picked up a bottle of kerosene and poured it on herself. Papa put a burning match stick to her dress and Mama's dress caught fire."

Her words came out in sobs. She had been a witness to the whole incident. The two younger sisters were at their grandparents' place that day.

Shashi was admitted to the hospital. After remaining unconscious for two days, she succumbed to the burn injuries. Deshpande made the whole thing more plausible by planting a pumping kerosene stove in the kitchen. In his statement to the police he said that the stove had burst and the nylon saree that Shashi was wearing had caught fire. The police, we heard, were coming to take my statement as well. Wordly wise, Mrs. Gupta and my husband asked me to corroborate Deshpande's statement.

"Why should we get into trouble unnecessarily?" Mrs. Gupta had said.

"I do not want you to get involved in this hassle. It will bring unnecessary harassment for both of us," my husband warned me.

"But the truth is, there was no stove in the kitchen, Shashi was not wearing any nylon saree and those innumerable match sticks on the floor. . ."

"You cut it out!" my husband interrupted roughly. "There is no other truth except that there was a stove and she was wearing a nylon saree. The G.M., Executive Engineer, and all senior offi cers want to hush up the matter. They don't want your statement to create any trouble. With your honesty, you will get me thrown out from here."

My husband was obviously exasperated. Now I could see what was working in his mind. He was under strong pressure. Deshpande was a senior official after all. The whole night I could not sleep, thinking of Manu lying in my arms trembling, and sobbing. "Papa has done it." I was in a terrible dilemma. In the morning I finally decided to speak the truth.

A D.S.P. with a couple of constables came to our house to record my statement. After talking to my husband he asked me some probing questions.

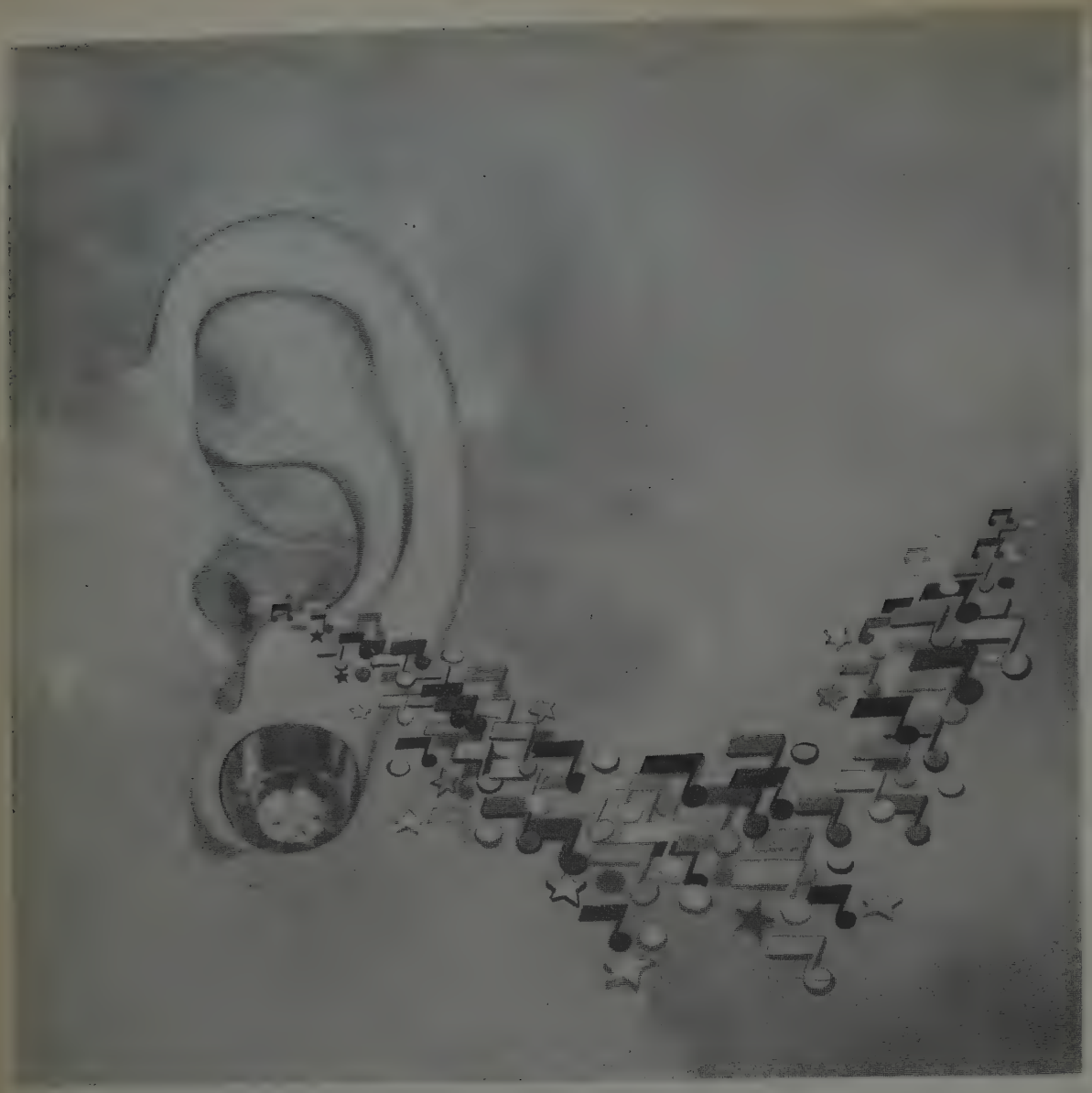
"Did you hear any noise from that house that evening?" he asked.

My husband was glaring at me. I thought of the whole weight of the higher ups in the steel plant was coming down on him and me from making trouble. I pushed away Manu from my memory, and answered sheepishly, "No."

"Did you see a pumping stove in the kitchen on that day?" he continued.

Shashi writhing in pain appeared before my eyes, but something else weighed with me more than that. I replied to the D.S.P. in the affirmative. I also said that Shashi was wearing a nylon saree. The D.S.P. went away, but I felt Manu's small arms gradually closing round my neck, choking me. While standing near the window, I had again seen Shashi's face with the last flicker of old understanding on it.

Next day four lines appeared on an inside page of the local newspaper. "A twenty-five-year-old housewife, Shashi Deshpande, died in the Civil Hospital today. Her nylon saree had caught fire due to the bursting of a stove in the kitchen."



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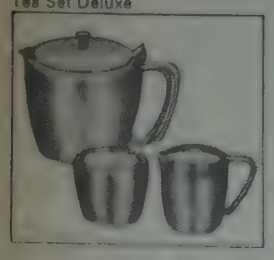

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AMA-GH

# THE MYTH OF THE LOGICAL MALE

Can anyone tell me why men are called logical? Like all sheltered women who were not allowed to mix with men and therefore did not know the species well, I used to be awed by this quality that all men were supposed to possess by the very reason of being born males. It took marriage for the myth to explode.

Let me elaborate. My husband told me that the main reason for his proposal to me was because he liked my "simplicity." By which I supposed he approved of my unplucked eyebrows, unpainted nails and lips and my traditional mode of dress — the saree. Since I rather admired my own so-called simplicity, I was happy to feel that we were made for each other.

This euphoric state lasted till the end of our honeymoon. A few days after our return, he casually suggested a visit to the beauty parlour — "just to see what the result would be like." My eyebrows rose but I was still sufficiently under his spell to comply meekly with his demands. It took five hours to achieve the transformation he sought, and I bore the ministrations of the beautician with exemplary fortitude. At the end, with the male's typical lack of perception, he complimented me fulsomely on the "new" me. Now, if by chance or design, I forget to visit the beauty-parlour regularly, he's obliging enough to remind me!

As for dress, I am now encouraged to wear all the latest styles. Even my sarees I am forced to wear below the navel. And the less said about my blouses the better. Not that there is much of them to talk about, anyway.

Being a working girl, I had always shied away from learning cooking, preferring to spend my scanty leisure in more congenial activities. When I told him this, he assured me that it was of no consequence, declaring grandiloquently that if food was important to him, he would have married a cook. Greatly impressed, I decided I was the luckiest woman on earth to be marrying such an understanding husband and gaily spent the engagement period gallivanting with him instead of acquiring the rudiments of the culinary art. After all, there were enough cookery books in the market on which I could depend to satisfy his "simple" tastes.

Or so I thought. Today, I know better. Within a few days of married life, he was patting his tummy pitifully and talking yearningly of his mother's preparations. I was horrified to discover that not only did he like well-cooked food but that he liked more variety in his daily menu than the average man. Snacks for breakfast had to differ entirely from those for tea. Moreover, the dishes at lunch and dinner had to vary radically. Furthermore, even items like papad and pickle had to be prepared at home in the interests of hygiene which he had to consider as he had a "delicate" tummy!

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Then take the case of equality. Probably aware that I was an ardent advocate of women's lib, he informed me at great length how broad-minded he was in this respect, so unlike the rest of the male species. As proof, he generously permitted me to call him by name. I swallowed this tale hook, line and sinker and even addressed him in the singular in front of others instead of by the customary plural, only to have him gently remind me that this was not the done thing. When, in astounded disbelief, I pointed out that he'd said he believed in the equality of the sexes, he gave me a pained look and told me that I should have asked his permission to call him "you" and that he would willingly have given it. I am still wondering whether we were discussing equality or charity.

Again, if I'm reserved with his male pals, he grumbles that I'm snooty. But when I act friendly, I'm subjected to suspicious stares and questions about the depth of my regard for them and whether it is more than the liking I have for him. As a parting shot, he'll tell me all their vices and look hopefully at me to see whether I've changed my good opinion of them!

Before the wedding, he had asked me with trepidation whether I would stage the usual scene of bridal tears while parting from my parents. When I told him that I was looking forward to spending my life with him and so didn't mind leaving my family, he was highly gratified. However, after a few days, he started sighing sentimentally and kept asking whether I didn't miss my relatives, hinting that he considered me heartless. Now, the truth of the matter was that I had been deliberately suppressing my memories and tears in order not to upset him. But with his constant reminders, I couldn't maintain a stiff upper lip any longer. One day, I sat down and howled. And he enjoyed comforting me.

Finding him in a mellow mood, I extracted from him the promise to allow me to visit my parents at least once a week. Instead of being pleased at this sign of humanity, he now behaves as if I'm deserting him, and constantly complains of the intense loneliness to which I'm abandoning him. To add insult to injury, when I do return guiltily from these visits, he's busy visiting his friends and enjoying himself!

Once, he'd related to me with amusement the story of a man who bought a foreign car and almost paupered himself having it repaired, but refused to give it up because of the status involved. I had taken it for granted that he himself was therefore not that sort. Till the day he told me of his foreign watch, which was still at the watch repairer's because he didn't have the Rs. 300 necessary to pay for the repairs!

After marriage, I'd gone on a saree-buying spree till he gave me a broad hint about the state of his finances. Thereafter, whenever I caught sight of a beautiful saree I'd gaze yearningly at it but refuse to buy it. Guess what happened? Right. He now grumbles that I'm giving him no incentive to earn more, if you please.

Let me end with the most glaring example of his perversity, one which conclusively proves my point. Soon after our marriage, he had to appear for a departmental exam. So he'd warned me very solemnly in advance that he wouldn't have much time for me for a time and that I was not, repeat not, to disturb him. I followed his instructions to the letter. Do you think he was grateful? Not he. Instead, he accused me with great bitterness of not caring a jot for him. And they call women illogical! Men!

**Pushpalatha Kamath**

# TWO WIVES UNDER ONE ROOF

Five or six decades ago the spectacle of two wives under one roof was familiar enough to be accepted without comment. Not only the rich, even middle class men followed this practice of marrying a second time while the first wife was still alive.

Apart from satisfying the polygamous instincts of men, there were other reasons too for taking a second wife. The most common was the childlessness of the first wife or her inability to produce a son. Ill health and fading looks were also an excuse for the husband to look for a healthier and more attractive woman. A second dowry was another strong incentive.

Whatever the reason, both the old and the new wife had to accept the situation and make the best of it. Schooled as women were in those days to conceal their feelings and present an impassive front to the world under any circumstances, they managed better than many modern women would have. Outwardly they managed to keep up the appearance of a happy family, the wives accepting each other as elder sister and younger sister.

But inside the house it was a different story. Feuds and factions flourished and were kept alive by supporters and opponents of the two parties. These came from the family as well as the servants who formed an integral part of the household. Poison and witchcraft were always suspected when there was illness or death in the family.

When the second wife showed signs of pregnancy, there was a hum of excitement. Tales and rumours were carried endlessly between the two camps. If the first wife was childless she would make desperate efforts to terminate the pregnancy of her rival not hesitating to call supernatural forces to her aid.

The children who grew up in these households should, in all reason, have grown up to be misfits, full of fears and complexes, and providing fascinating subjects for study and treatment by psychiatrists. However, they seemed to grow up into normal adults, perhaps with a more cynical tolerance towards human weaknesses than those carefully brought up in modern households.

With the spread of Western ideas and influence, bigamy gradually died out though it was not legally banned till 1955. Yet it has not completely disappeared. Even now there are instances of girls who find out after marriage that there is a first wife very much alive and that they are expected to live together. Some walk out, but others seem able to adjust to a totally unexpected situation and make a fairly happy life for themselves to the amazement of their friends and relations.

The most tragic cases are those of girls married to men working abroad, who find when they get there that the husband is already married to a local woman and sometimes has one or two children, and that an Indian wife has been brought over merely to be an unpaid domestic servant.

There are numerous instances of this kind of marriage. Strangely, nearly all the marriages were arranged by parents, who, one would suppose, would be shrewd enough to make some enquiries about the unknown bridegroom's life in a foreign land. Carried away by the glamour of a job abroad and a salary fabulous by Indian standards, they agree too readily to give their daughter in marriage. It is only when the girl reaches her new home that she realises her predicament. She is trapped. There are the problems of arranging for a passage back which could be insurmountable if the husband withheld all help. There is also the humiliation of returning to her family who are still basking in the glow of the brilliant marriage the daughter has made. Quite often she resigns herself to living peaceably with the first wife.

The life of women in a polygamous household seems pathetic to us, but the older generation of women still consider divorce more cruel than bringing another wife into the house. An old lady listened in shocked disbelief when it was explained to her that a man who wanted to marry again while his wife was still alive would now have to divorce her. Divorce meant, we told her, that he would give her a stipulated sum of money every month, she would leave his house, and her children would be cared for by the husband.

"Then indeed the old ways were best," she said decisively, "for a woman lost neither her home nor her children, nothing, but her husband's favour."

**Kamala Swamy**

## THE SECOND WIFE

### A Personal Experience

When I was a carefree young girl in my parents' house I could never have imagined even in my most morbid moments that I would end up as a second wife — not a second wife to a widower, but to one whose wife is very much alive and lives in this same house with her three children.

She is a woman of the old type and sees nothing unusual in this arrangement. She looks upon me as her younger sister and treats me kindly. There is no trace of jealously in her behaviour towards me. She has taught her children to love and respect me and call me "the younger mother."

My husband is equally kind to both of us, always, but he turns to one or the other according to his mood. I have now learnt to take this with equanimity.

It is my elder sister (the first wife) who taught me self-control. Her reasoning was sensible, logical and practical. "Men can never be satisfied with one woman," she said. "He loves you because you are clever and educated and pretty in a modern way. Me he loves because I am good looking in an old fashioned way and though I cannot talk cleverly, he feels at ease with me and my talk because it reminds him of the women of his family. Is it not better this way? We are both together in this same house, we can talk to each other and help each other to find out

how to keep him happy and contented. Why should we hate and fight one another or grieve when he turns to the other?"

She sincerely believed in and practised what she preached. I could understand her acceptance of this situation. But how could Mohan with all his pretensions to a modern outlook knowingly get me into this predicament? He tricked me into it though now he swears by all that is sacred that I had misunderstood him. What a fool I was! I took it for granted when I married him that he would put away his first wife and children.

I was a lecturer in a women's college in Karnataka when I met him. He was a businessman from the North and was on a professional visit to our town. He was staying at the home of one of my students whose father was also in business. Mohan provided a striking contrast to his host — a semi-literate, crafty man with crude manners.

I admit I was attracted to him the first time I saw him and put myself out to impress him. I talked to him of the economic condition of the country, of nationalisation of industries and the private and public sectors. I aired my views on the status of women and different social customs.

He listened courteously and contributed appropriate comments and opinions. Here was an intelligent and broadminded man such as I had no chance of meeting in our small town, I thought.

He made several visits to our town after that and he began to seek me out openly. I accepted his attentions in what I considered a manner befitting a modern woman. Why should a woman not show friendliness towards a man if she found his company pleasant? Why should she care for the wagging tongues of small town housewives?

My student's parents tried to warn me. I was playing with fire, they said. Mohan was a married man with three children, they told me. Though this was a bit of a shock, I pretended I had known it all along. It was only friendship, I told them. He was an interesting man to talk to, that was all. "Still, be careful," the lady warned me again. "It is always the woman who is hurt. I can find you much better men," she said laughing.

Mohan said gloomily when I asked him, yes he had a wife and three children. He had been married when he was eighteen and the girl sixteen. He was thirty now. He never spoke of his wife again. I felt sorry for him. It was clearly an unsuitable marriage forced on him when he was too young.

Mohan then started telling me of his vast ancestral properties and the various industries he had built up on his own, of how he often made journeys abroad and of how he could never get his wife to accompany him.

It is strange that I cannot remember how he actually proposed. I can only remember our deciding to marry quietly in the Krishna temple and then go to my parents. I took it for granted that he would send his first wife and children away. Since he was so rich he could make a lavish settlement on them. That would be enough to keep her happy.

My parents greeted us with frigid silence. Later, alone with me, my mother wept and stormed. She called me a fool a dozen times. She had heard about his first marriage, and did not believe he would discard that woman and her children so lightly. Polygamy is common among those rich landlords in the North, she said.

"What is fated will happen," she sobbed. "That this should happen to you! After all our hopes and plans!"

"Remember," she went on. "Whatever happens, this is your home. You can always come back here."

There is no going back for me now. I am not the same person. The life I am leading now is so different that my earlier years seem to belong to a previous birth.

Mohan avoided a direct reply to my questions about his first wife till we were in the train on our way to his home. Then he told me we were going to the house where his first wife and children lived.

"It is a courtesy to meet them," he said. "She will behave very well, I assure you."

"You need not stay there if you do not like it," he had promised me cunningly. "I have many other houses. We can live separately."

I had the first twinge of uneasiness then. Still I thought I could manage to get him to live with me alone. But as soon as I stepped into the house I began to lose hope. She was so completely in command of the situation. She received me as if she were an elder sister welcoming her brother's bride. His mother and sisters were there too. Evidently they had all been informed of and accepted his second marriage. But it was clear that they had every intention of standing by the first wife.

For the first month Mohan devoted himself completely to me, and I again felt sure of myself. We had our own suite of rooms where we spent most of the time that we were in the house. Almost every day he would take me to the city a few miles away to see pictures, to eat in restaurants, to meet people of the kind I liked to mix with. The first wife stayed quietly in the background, went cheerfully about her work and behaved so well towards me that I was ashamed. I felt I had an unfair advantage over her with my education and upbringing.

I wanted to start living separately as soon as possible so that I would not be reminded constantly of this woman from his past. But whenever I talked to Mohan about it, he put me off with one excuse after another. Gradually it became a thorny topic and he started bristling and behaving as if I had become a nagging wife as soon as I mentioned it. It was then I should have been firm, and said, "either a separate house or I go home." Very foolishly I let matters slide and stopped talking about the matter.

I clearly remember the first time I came upon Mohan chatting affectionately with his first wife. With two of the children clinging to her, they made a pretty family picture. I was shocked and embarrassed and did not know what to do. I just turned and walked back to my room. I flung myself on the bed and burst into tears.

It was not Mohan who came after me. It was that woman.

"Why these tears, sister?" she asked me stroking my back kindly as if I was her daughter or sister. "What has happened? Did I weep when he spent all his time with you? We both belong to him and he turns to one or the other as his mind tells him. He did not send me away as some men would have done nor will he ever send you away. So what have you to weep about? We can live together in this lovely big house, buy whatever we want, bring up our children happily. Tell me, how many women have so much good fortune?"

There was nothing I could say in reply. I could never have made her understand that the very idea of sharing my husband with another woman was disgusting to me.

**Rita**

## MONITORING THE PROGRESS OF THE WOMEN'S DECADE

**Continued from page 21**

recognise woman's work at home as a socio-economic contribution, to take stock of women's priorities and interests, recommend population control and labour saving devices in order to reduce the pressure of domestic drudgery on women.

The importance of the family as a unit vital to the stability of society was recognised. Finally, it was also decided to encourage active participation by women in trade union activities, to inculcate in them qualities of leadership and to take this campaign to the grassroots level.

The valedictory session was addressed by Nobel Laureate Mother Teresa. What could be more appropriate than to invite this universally loved saint-woman to bless the gathering with her message of the dignity of the human being?

As she arrived, the men and women assembled in the auditorium stood up and gave her a thunderous welcome. But Mother Teresa's address fell like cold water on the gathering which had spent days deliberating on ways and means to improve the lot of women. "A woman's place is in the home," said Mother Teresa, "and that is where she should stay leaving big things to men for which they are made."

She condemned abortion as "murder in the mother's womb," and went on to add that if a woman can "murder her own child what else can be expected of the world?" According to her, God has created woman for motherhood and she is convinced that drug addiction and delinquency are prevalent among those children who have working mothers.

Delegates found themselves in a dilemma. They were puzzled because Mother Teresa's own life is an example of the big things that a dedicated woman can do. What to make of her message? How to react to this homily of big things for men and small things for women?

Finally, in a brief and humble thanksgiving they assured Mother Teresa that they would take home with them her message of love and peace. There was no time or occasion for argument, so the rest was shelved in silence. In that silence alone lay the determination of women to forge ahead and not to be kept behind traditional barriers.

# HEART TO HEART

Confide your personal problems to Dr. Mahinder Watsa, c/o Eve's Weekly. Dr. Watsa is a leading sex and marriage counsellor and will answer your queries every fortnight

### HEED YOUR MOTHER'S ADVICE

**I am 16 years old and have a friend who is 19. He gets very passionate and sometimes my conscience tells me we are going too far. I am very close to my mother and have told her about this boy, but not about our petting. She has advised me to have a lot more friends and not get bound to one person at this stage. My friend says that my parents are interfering.**

I am with your mother. Your parents are interested in your welfare. They must be anxious that if you went too for without having had the chance to grow up and make a mature judgement, your chances of a happy marriage later may suffer.

You must be aware that boys in this country are still keen to get married to a virgin and very often consider the girl they are friendly with, as "loose." Take your mother's advice. Make more friends, go out in groups and have clean, healthy fun. What your boy friend wants can well wait till you are a bit older and are ready for marriage.

### CONSULT A PSYCHIATRIST

**After I was married, I came to know that my husband was taking drugs. He tells me that he takes them as sex stimulants. I persuaded him to stop, but now we go without sex for long periods. Can you help me?**

The person who uses drugs for sexual stimulation doubts his sexual potency. Some drugs like heroin and cocaine actually reduce or destroy a man's potency and his ability to have and maintain an erection. As long as the person can blame the drugs for his impotency, he does not feel guilty or inferior.

Both of you should consult a psychologist/psychiatrist. He will try to bring your husband back to reality (sometimes a tedious process), so that he will stop indulging in fantasies about himself or you.

## HUSBAND TAKES DRUGS

### TRY THESE SUGGESTIONS

**I am 26 years old and have a child. After my delivery my vaginal opening has become very large and my husband does not enjoy sexual intercourse. Please let me know if anything can be done about this.**

It is a pity that you waited three years before consulting a doctor. A loose and patulous vagina, as quite rightly stated by you, mars the sexual pleasure. There are many couples who continue to suffer in silence believing that nothing can be done or are too embarassed to approach their doctors.

It is best that you see a gynaecologist. If the cause is just laxity of the muscles surrounding the vagina, exercises to strengthen these will help the situation. If there is a fear of the wide opening due to the breakdown of muscles, a perineorraphy will be recommended. This is comparatively a simple operation where the muscles that have separated are brought together. This tightens the opening and the surrounding tissues and thus permits a better grip of the penis at intercourse. In the meanwhile why not have a frank discussion with your husband. It is quite possible that adopting a different position will help.

### FORGET THE INCIDENT

**I got married at 16 and have a son of six years who stays away from me. I am 24 and divorced. Recently I met a young married man and he showed real interest in me. I had sex with him and now he seldom meets me.**

**But I am deeply in love with this man. I have become crazy and restless and think of him all the time. I have had many occasions to meet other friends but I am unable to be free myself from his thoughts. How can I regain his love?**

I am sorry to say that you are living in a make-believe world. It is obvious that you have been used by this married man as a game, and now that he has won, he has lost interest in the chase.

You have plenty to live for and this incident will make you wiser (though sad) to choose the right person when he comes along. You are lucky to have many good friends — always look for the positive benefits and gains rather than immersing yourself in self pity and sorrow. It is best you forget the incident.

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## PAUSE, BEFORE YOU POP IN THAT PILL!

**Continued from page 18**

as "hypervitaminosis." Perhaps the latter is very rare in our country but over-enthusiastic parents and other self-medicators should keep it in mind before swallowing any of the hundreds of "pep pills" and "life-giving", "strengthening" tonics that have flooded the markets.

### ANTIBIOTICS

What are antibiotics? They are chemical substances produced by certain micro-organisms (moulds, usually) which in low concentrations either prevent other micro-organisms from growing or ultimately kill them. Accordingly, antibiotics are of two kinds — bacteriostatic (those that prevent bacteria from reproducing) and bacteriocidal (those that kill bacteria). Penicillin, whose discovery triggered off the Antibiotic Era, belongs to the second group. Tetracycline belongs to the first group. There are two types of bacteria, called the Gram-positive and Gram-negative. Certain antibiotics like Penicillin are mainly effective against Gram-positive bacteria, while others like Streptomycin act mainly on Gram-negative bacteria. Then there are antibiotics that act on both kinds of bacteria, and these are called "Broad Spectrum" antibiotics. The tetracyclines and chloramphenicol belong to this group.

In general, antibiotics are potent drugs and can achieve what were once called "miraculous" cures in many diseases. But they are also potentially toxic drugs, especially when used on a prolonged basis or in an indiscriminate way. Many people develop allergic reactions, sometimes life threatening, to certain antibiotics.

"Superinfection" is also a common problem. Superinfection, as the term suggests, is a new infection occurring during or after antibiotic therapy. This could be due to the antibiotic susceptible germs dying out and being replaced by antibiotic resistant ones or due to the elimination of the normal bacterial population (our body teems with millions of harmless germs) which creates a "bacterial vacuum", soon filled by resistant germs. Some antibiotics also cross the placenta and may harm the foetus. Hence pregnant women have to be carefully treated, if at all it becomes imperative, with antibiotics.

To give some specific instance of antibiotic toxicity, Chloramphenicol depresses bone marrow which produces blood cells. Hence chloramphenicol abuse can lead to a severe and fatal reduction in the number of blood cells. Prolonged therapy with tetracyclines destroys the normal bacterial flora in the intestines. Superinfection occurs, the invading organisms being moulds like Candida albicans or disease causing bacteria like Staphylococci and Pseudomonas.

All these reasons make caution and care in the use of antibiotics, by doctors and patients alike mandatory.

# WOMEN IN FOCUS

## KAMALA SITARAM

# TRADE UNION ACTIVIST

Kamala Sitaram is one of the few young and upcoming women Trade Unionists belonging to the National Railway Mazdoor Union affiliated to the All India Railwaymen's Federation. "Generally people regard Trade Union workers as fighters and those who demand, but in my experience a trade union is primarily an organisation which fights for justice and for the welfare of workers," says Kamala.

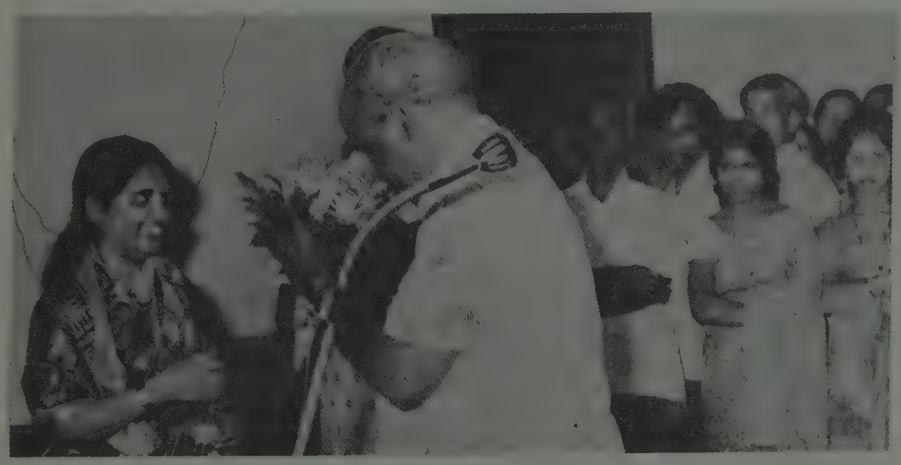
A graduate of Bombay University, Kamala is a very active person. She has been working as a clerk in the Central Railway Accounts department since 1974.

Kamala nostalgically recalls how she joined the Trade Union Movement in 1974. "It was a historic year in my life. As soon as I joined, there was a 20-day strike for an eight-point demand under the stewardship of Mr. George Fernandes. I was very interested and actively participated in the strike. After the strike was over I stood for election in the departmental branch of the Trade Union and I was elected. Due to my interest in the movement, I have now been elected as an executive committee member of the All India Railwaymen's Federation, Central Railway Branch."

When asked about her participation in the meetings, Kamala says that she regularly attends the meetings which go on till late hours. She feels very much at ease while attending meetings, though she is the only lady member. Kamala hopes to continue her active participation in the Trade Union Movement as it is very rewarding and challenging. As a trade union worker she has to meet her superior officers to discuss issues concerning women employees of the Railways. How do women employees feel about her being in the Trade Union? Kamala smiled and said, ' 'They feel happy that I am there to work for their genuine grievances."

Besides her Trade Union activities, Kamala is also an active guider of the Central Railway and is now a 'Ranger'. At present she is involved with the adult Education Programme. As a guider she was sent to Lucknow Literacy House for one week's training in Adult Education in May 1979.

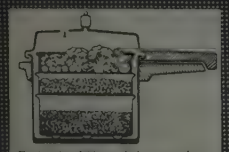
Kamala has also undergone three months training in worker's education at the Central Board of Worker's Education, Kurla. In the course of her training she learnt about laws pertaining to women's employment, responsibilities of Trade Union Workers etc. Kamala is an eloquent speaker and she can speak with ease in Hindi, Marathi, Kannada, Telugu, Tamil and English.



Kamala at a Railway employees' gathering

**Kamala Kumar**


8 reasons why...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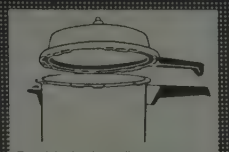
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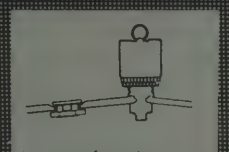
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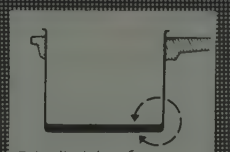
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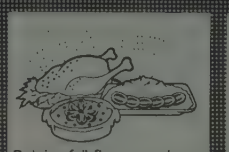
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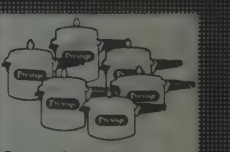
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# CONSUMER AWARENESS

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# OF TOOTH DECAY AND BAD BREATH

**Krishna Basrur**

For most of us, brushing our teeth every morning with our favourite dentifrice is a routine matter, mechanically done as part of the early morning ritual. Few realise that proper and efficient brushing and care of the teeth are essential for all of us, and especially for children if they are to have sound and healthy teeth well into old age. It is estimated that about 90 per cent of Indians suffer from tooth and gum troubles, quite often without being aware of it. Few parents bother to take their children to the dentist for a routine check-up every six months as advised, though such visits can effectively help to prevent or minimise damage to the teeth.

Tooth decay (caries) and pyorrhoea (periodontal disease) are the most common dental disorders. The former results from the interplay of four factors:

1) The presence of large numbers of bacteria in the mouth.
2) Dental plaque (a deposit of saliva components which cling to the teeth).
3) Refined sugar food.
4) Susceptibility of the teeth.

The mouth normally harbours large numbers of bacteria. These colonise the plaque deposited on teeth as a result of inadequate cleaning. If sugary food residues remain in the mouth after eating, the bacteria in the plaque break them down producing acids. The plaque holds the acid against the tooth surface and if the latter is vulnerable, cavities quickly result. If the cavities are neglected they continue to grow larger, further weakening the teeth.

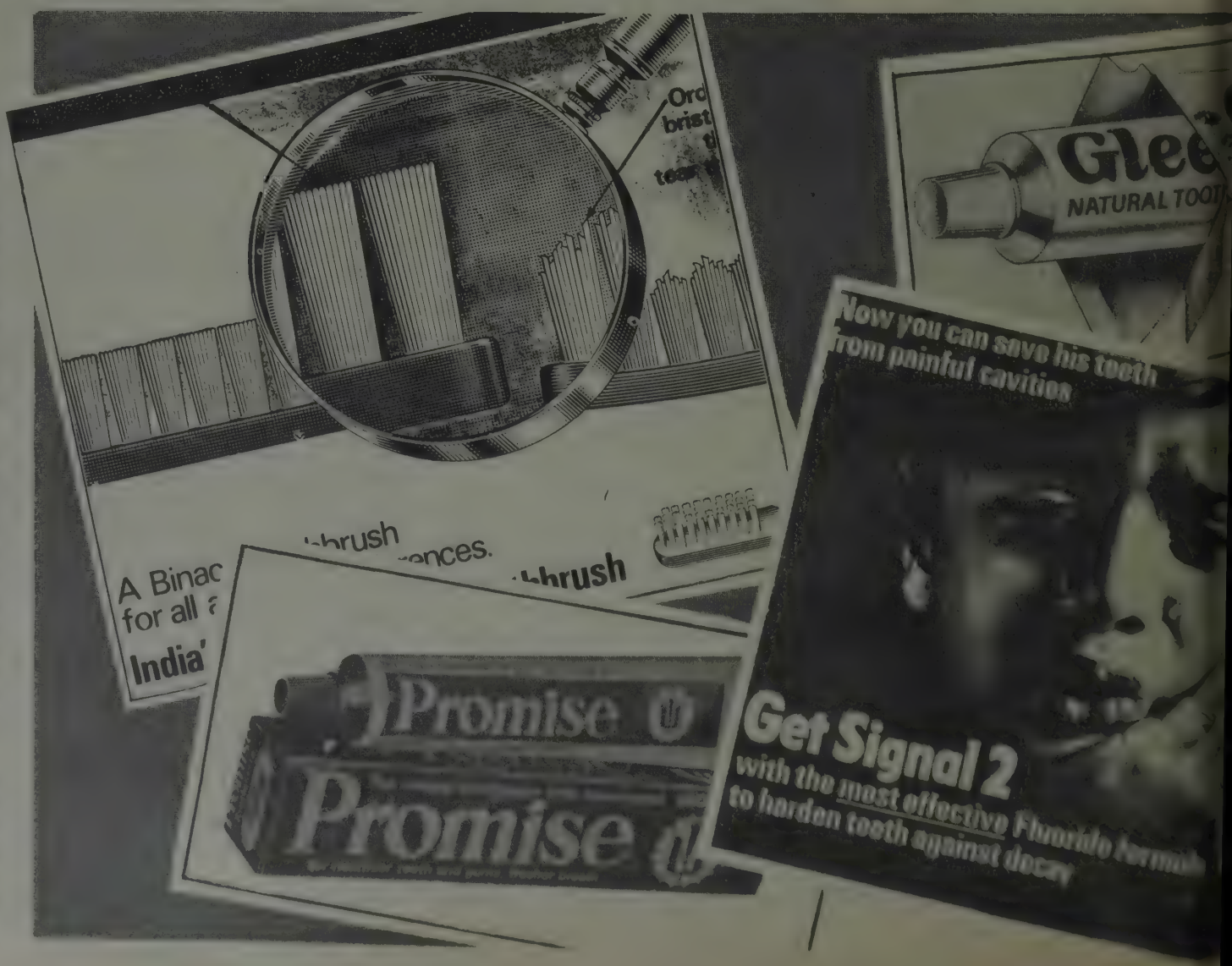
Pyorrhoea is also a bacterial plaque disorder, but in this case it is not the teeth but the periodontal fibres, gums and bone that support the teeth that are affected. Unlike caries, which are more common in children and young people, pyorrhoea attacks older people. Plaque which has not been removed by brushing, gradually becomes mineralised by calcium salts in the saliva, forming tartar or calculus.

Food residue may increase the irritation and stimulate the growth of more bacteria. Inflammation and then gradual deterioration of gum margins may be the result. As the gum margin recedes and the tartar extends into the gum, it carries the bacterial irritation down into the crevices of the gums, infecting them. Instead of healthy pink gum tissue the gums present a swollen bluish-reddish appearance. As the condition worsens, the system of periodontal fibres supporting the tooth and the tooth socket become infected. As these get weakened, the tooth gets less and less support and may fall out.

Bad alignment of the teeth, leading to difficulty in proper cleaning, abnormal stresses on the supporting bone during chewing due to badly positioned teeth, empty spaces left by fallen teeth which allow the other teeth to drift out of position may all be contributory factors in pyorrhoea. According to a study of 7000 persons carried out in America some years ago, smoking was also found to be a significant factor in gum disease. The average periodontal condition of smokers was found to be comparable to that of non-smokers fifteen years their seniors. Dental prospects for young women who smoke were found to be particularly poor. It was estimated that twenty to thirty-nine-year-old women smokers ran twice as great a risk of losing teeth or having advanced gum disease as did non-smoking women of the same age.

Once the causes of tooth decay and pyorrhoea are understood, it becomes easier to eliminate them. Let us see how this can be done.

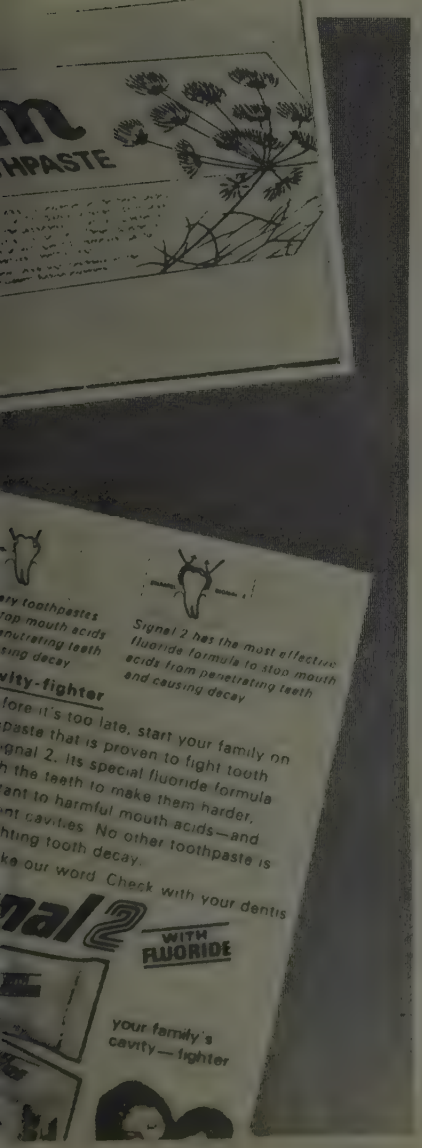
Bacteria are normally present in the mouth and it is not easy to eliminate them altogether. But you can avoid giving the bacteria sugar rich food which they convert into acids, by cutting down your family's intake of these and by insisting that all members scrupulously rinse the mouth or brush the teeth after eating. Use of dental floss or a toothpick, as



ecially at bedtime, will ensure at all food residue is removed. iving children plenty of raw uit to chew will lessen the de- re for sweets between meals nd have a natural cleansing ef- ct. When they do eat sweets, ake them see the importance of nsing or brushing immediately fter.

Regular removal of "young" laque deposits before they hard- n into thick, mature, bacteria be- ring plaque will eliminate the hird factor leading to tooth de- ay and pyorrhoea. Careful brush- ng of the teeth can keep the eeth free from plaque and the ums healthy, says Dr. Dinesh Daftary, practising dental surgeon f the Tata Institute of Funda- ental Research, who is on the edical panel of the Consumer Guidance Society of India. Con- ersely, studies have shown that normal tooth brushing is dis- ontinued, plaque may develop n the teeth within a few hours nd previously healthy gingiva gums) may show clinical signs of nflammation within seven to 12 ays.

More frequent brushing gives etter plaque control and impro- ed gingival health, but there is ecent evidence indicating that as ar as maintaining of gingival he-


HPASTE
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alth is concerned, the efficiency of toothbrushing may be more important than the frequency. It should be realised that night brushing is a must. Better gingival and dental health is maintained when there are no food particles sticking around the tooth and gingiva. This is because during sleep there is no protective action, no movement of the tongue, no rinsing, no gargling, no eating, etc. to remove the bacteria from the teeth and therefore, the bacteria, if active, would continue their activity without being disturbed. It is therefore desirable that food particles should be thoroughly removed by very good brushing at night before going to bed.

What type of toothbrush is desirable? Although toothbrushes have been used for a long time, the basic design has not varied much. The major factor should be the effectiveness of brushing rather than the type of brushing. Depending upon the chemical conditions and the mode of brushing, various types of brushes are being advocated by dental surgeons. At this point it is important to realise that whatever brush is used, it should effectively reach all the areas of the mouth specially the upper last molars. This is often overlooked and while brushing the teeth, this last molar (the third molar), because of its bold positioning, may not get brushed the way it should be and is therefore vulnerable to decay.

Gingival massage has for long been advocated as a means of increasing local resistance and can be produced with a tooth brush or with various special stimulators. All the massage techniques remove plaque at the same time and herein, probably, lies their value, says Dr. Daftary.

From time to time attempts have been made to add therapeutic agents to toothpastes with the object of inhibiting plaque formation or making teeth more resistant to caries. Chlorophyll, according to Dr. Daftary, was one of the earliest of these elements. It is present in some toothpastes even today. Antibiotic toothpastes containing penicillin or tropical antibiotics have been tried on the premise that if acid causing bacteria are destroyed, caries will be controlled. Although early clinical studies showed that toothpastes containing penicillin do result in reduction of caries incidence, they are no longer used because of the danger of inducing hypersensitivity and resistant strains of microgrowth.

The last factor in tooth decay, mentioned earlier — vulnerability of the tooth surface — can be reduced by regular use of fluoride in one form or the other. It has been found that fluoride helps to build a decay-resistant surface when painted on to a child's teeth or included in the diet. It has been found that fluoridation of a community's water supply at a level of one part per million will effectively build up the community's resistance to dental caries.

What about fluoride in toothpastes?

Fluoride toothpastes of varying composition have been in use since 1945 and have been shown to be of real value as anticaries agents. According to Dr. Daftary, studies show that a reduction in caries of about 20 per cent resulted from unsupervised use of fluoride toothpastes. Supervised brushing, which is presumably more regular and more efficient, seemse to cause a greater caries reduction. It is clearly established that this anti-caries effect of fluoride toothpastes is greatest on erupting teeth and proximal surfaces of both anterior and posterior teeth.

Regarding staining of the teeth which is supposed to be a result of treatment with fluoride, Dr. Daftary feels that only teeth brushed with stannous fluoride dentifrice show this very superficial stain which can easily be removed by occasional brushing with a more abrasive paste. No such stain, he observed, develops with monofluorophosphate pastes. So Dr. Daftary suggests that fluoride toothpastes should form a part of every dental health programme especially for children as their value has been proved.

I asked Dr. Daftary about the many "natural" ingredients of toothpastes such as clove oil, neem, fennel, etc. which are advertised a great deal today. There have been no studies carried out to determine the efficacy of any of these ingredients in arresting tooth decay according to Dr. Daftary.

What about toothpaste manufacturers' claims that their products prevent bad breath? By removing food particles which stick between the teeth all such products clean the mouth and lessen the chances of bad odour. They may also temporarily mask some of the odour of strong flavours such as garlic or onion, but they really cannot offer a "cure" for true halitosis (bad breath) caused by gum conditions or other deep seated causes.

## TOOTHPOWDER OR TOOTHPASTE?

Dr. Daftary expressed a definite preference for toothpaste over toothpowder. Tooth powder is more abrasive than the paste and is likely to wear away the thin cemento enamel junction between the crown and the roots, thus exposing underlying dentine. This, coupled with recession of the gums (which is always more with powder), causes sensitive teeth and at times may damage the nerve of the tooth if the abrasion is excessive. One does see such cases of excessive areas of abrasion in older age groups. This probably could be due to the use of powder or could also be associated with the faulty method of brushing, specially when the brushing is very vigorous and not followed in the correct way.

## WHAT IS A TOOTHPASTE?

The research head of a leading firm of toothpaste manufacturers explained that all toothpastes basically have the same ingredients. These are:

1. A fine abrasive such as chalk or calcium diphosphate to remove stains and clean the teeth.
2. A detergent or surface active agent for cleaning.
3. A humectant to prevent drying of the paste.
4. A binder to maintain the consistency.
5. A preservative to prevent bacteria from forming.
6. Flavouring agents and a sweetener (saccharine).

The fineness of the abrasive is of great importance and should be less than 150 microns as a coarser abrasive could damage the enamel of the teeth. Insufficient humectant would lead to drying up of the paste.

Bacterial action could cause breaking up of the pastes, frothiness and odour. Use of dimineralised water and vacuum mixing of the ingredients are some of the measures taken by the organised sector to prevent bacterial contamination of the paste.

Is there any risk of contamination with lead if you squeeze out the last parts of the paste from the tube as has been reported by some foreign magazines? Apparently not, as all tubes are made from only one quality of aluminium which is available from Hindustan Aluminium. This is free from lead.

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## CONSUMER AWARENESS

A common apprehension of consumers is that if there is air in the tubes they may be getting less weight. Marking of weight on toothpaste tubes is mandatory and the permitted deviations in weight have been laid down. The explanation given by manufacturers for the air, is that an air space has to be left at the tail end of the tube before it is folded and crimped. This is to ensure that the tube does not bulge after closing and crimping but takes the shape required for collapsible tube packing. Overfilling of the tube to reduce the air space would result in leakage of toothpaste from the tail end. Sometimes the pocket of air travels upwards and may in an extreme case travel right up to the cap end. The emergence of air does not mean that the tube carries less toothpaste than it should.

### COMPARING PRICES

The new standards of Weights and Measures (Packaged Commodities) Rules 1977 which came into force on 1st August 1979, attempt to bring about uniformity in sizes by laying down the following permissible sizes 40g., 75 g., 100 g., 125 g., 150 g., and subsequent multiples of 50 g. This measure however does not go far enough as it creates a situation which is likely to confuse the consumer. The 75 g. and 125 g. tubes are more or less of the same size as the 100 g. and 150 g. tubes respectively. As most consumers tend to ask for "small," "medium" or "large" sizes, they often fail to note the difference in weight betweeen 75 and 100 g. tubes or between 125 g. and 150 g. tubes. They should be careful to check the weight of the toothpaste when comparing prices of different brands. In fact, greater uniformity would be ensured and price comparisons made easier by doing away with the 75 g. and 125 g. sizes altogether and permitting only sizes in multiples of 50 g. up to 200 g. to be manufactured.

### PRICES SKY HIGH

Toothpaste is rapidly becoming a luxury of the middle class household. Toothpaste and tooth powder prices have zoomed upwards within the last few years. Manufacturers plead helplessness in controlling prices when the costs of raw materials, fuel, packaging, transport and labour are rising inexorably. The time may not be far off when people will be obliged to revert to home made toothpowders to cut costs. In any case, prices cannot be tackled piecemeal with any real hope of reducing them. A consistent price policy for consumer goods, incentives for increased production in place of the present restrictions and penalties, and introduction of some real competition into the market are the only steps that can bring down prices in the long run and gives consumers a fine deal.

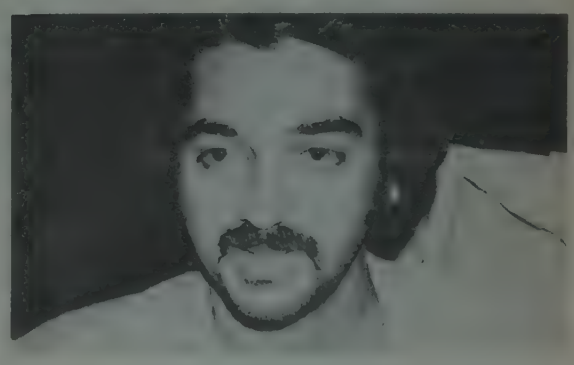
## FRANKLY SPEAKING

**Devi**

# THE LAST OF THE BACHELOR WICKETS

The Indo-Pak cricket is heading for a dull end, not even one star could manage a scandal with any Paki. But they need not give up hopes of international headlines. Any minute in Bombay will alight the GREATEST of all, Mohammed Ali — deliciously braggy, stylishly religious, conveniently orthodox. And if that withered fowl Laverne Hall of "Suraag", Jagmohan Mundra's film, could claim five thousand kisses (some computer mind to keep count!) from him, I do not understand why our female stars can't manage a headline with him at least. Miss Hall, apart from a chipkali type of body, does not even have fuzzy hair.

Once more the beauty saloons of Bombay, Bandra, Chembur, Juhu, are booked from the 21st onwards for the Chintu-Neetu wedding, what with the whole town invited for the wedding, reception, etc. Apart from filmdom, baratis of the Kapoors will jet in from London, Hong Kong, Lagos, Delhi, etc. In filmdom, even the babies and the ayahs all go in for fancy hairdo's. And Dimple must be sincerely sorry that she and not Neetu, bagged the "Bobby" role. Neetu, after being on the pay roll for the role for a year, was rejected. Instead, five years later Neetu took over stardom, the star of "Bobby", Chintu, with the R. K. Studio. Actually, it is a good screen play for a film if all the retired folks from Raj Kapoor, Raji Singh to Neetu, Dimple, work in it, with a Simple thrown in for extra fun. Even Simple once lied over all the press that she is going to be signed for a R. K. film. With the Ranjeet and Chintu bachelor wickets gone with a month's gap, I think Shatru will be on a sticky wicket (Poonam).



Rajesh Khanna is once more installed in Madras as a favourite deity. He had some two muhurats in Madras with Hema Malini. Rekha wants a fair exchange and is trying hard for Kamalahasan to get a break in Bombay. Many directors are keen on him, only they are not sure of his Hindi diction.. And with one Kamalahasan and one Rajesh Khanna installed there, the South wants a war with the North, insisting they have all the talent. "Our women have sex appeal," insist the South. I feel it is neither South or North. It is the Bengal tigresses who tear film apart—from a Suchitra Sen, a Sharmila to a Raakhee.

# PEOPLE AND EVENTS

## BOMBAY

Three concerts by the B.P. Classical Ensemble are held every year, besides the six Coffee Concerts by the Salon Ensemble, already a regular feature of the B.P. Musical Enterprises.

The next concert with the B.P.C.E. will be held at Patkar Hall on January 31, 1980, and will feature the B.P.C.E. Director, Parvez Doctor, and Rev. Fr. J. B. Fernandes, among others.

* * *

An exhibition and sale of nightwear will be held by Sunita Seth at the Aakar Art Gallery on February 6, 7 and 8.

* * *

An exhibition of arts and crafts by members of the Maharashtra State Junior Red Cross was inaugurated recently at Coomaraswamy Hall of Prince of Wales Museum, by Mr. P. D. Thakersey, Chairman of the Indian Red Cross Society, Bombay Branch, who also gave away the prizes to the winners. The Dr. "N.C. Puri Shield" was awarded to Bharda High School, Bombay, for the best performance amongst all schools.

* * *

The Akhil Bharatiya Grahak Panchayat (Bombay Branch) arranged a Lecture Series by experts on the subject, "Laws and Regulations" regarding Consumer protection and their enforcement. From the consumer protection point of view, it is necessary that the Consumers and particularly the workers of Consumer organisations should have adequate knowledge regarding relevant laws and regulations influencing consumer interest and their enforcement. The first lecture of this series was delivered by well-known legal expert Mr. V. B. Ganatra, Advocate, Supreme Court, on the subject, "The Prevention of Food Adulteration Act" at Balmohan Vidya Mandir.

* * *

A Fashion Show and a music and dance programme was held by the Rajneesh Foundation Limited at Hotel Oberoi Towers recently. The garments were designed by Ma Deva Padma and modelled by renowned European models, all of whom are sannyasins. There was a special vocal performance by Ma Prem Ektara, a dancer and singer from the Hawaiian Islands.

* * *

The Helping Hand Committee of the Time and Talents Club, a guiding and counselling body helps the poor and needy. Recently the Committee opened another branch for guidance to mothers to keep babies healthy and to promote their health and well-being. This is called the Well Baby Clinic of the Helping Hand Committee. Dr. (Mrs.) Erin Broacha, a Consulting Paediatrician and Dr. (Mrs.) Jyoti Parekh, a well known and experienced practitioner will give guidance to parents on the healthy growth of their children.

* * *

An exhibition-cum-sale was held recently at Aakar Art Gallery by Creations from New Delhi. A collection of exclusively designed household linen, hand painted salwar-kameez sets, and sarees were exhibited.

* * *

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2

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1. Mrs. Mrinalini Sarabhai blesses 12-year-old Kiran Desai at her Bharat Natyam arangetram organised by Nrityalaya, Bombay. At left is Miss Vasanthasena, the artiste's guru.

2. At the children's painting contest organised by the Hotel Corporation of India, Ltd., are seen (from left) Mrs. Jennifer Kapoor, Mr. S. S. Dabolkar and Mrs. Maya Narpatsingh with the winners.

3. Swami Anand Vimalkirti, Ma Deva Padma (left) and Ma Prem Yoko, modelled original designs at the fashion show held by the Rajneesh Foundation Ltd., at Hotel Oberoi Towers, Bombay.

## DELHI

Bata's new departmental store Connaught Place, for fashionble shoes, handbags and other eather accessories, opened with touching little ceremony. Mrs. Merchant, wife of the Managing Director, Bata, Mr. D.K. Merchant, ave away medals to workers and taff members as a token of appreciation for their invaluable ervices and help.

A Fashion show cum audio-visual presentation was held at the Taj Mahal hotel, preceding the opening. Top Delhi models displayed beautiful shoes with matching ensembles from Ritu's Boutique. The music was one of the highlights of the show.

* * *

A counselling unit was inaugurated recently by Mr. S. Muthu. Aided by the Government, and sponsored by the Gujarat Research Society, the unit seeks to help individuals understand themselves and their problems, and provides psychological assistance. It also seeks to create an awareness of the legal rights of individuals with regard to marriage, divorce and property. Situated at D 25 D South Extension, Part II, New Delhi, the centre provides its clients with counselling, psychiatric guidance, legal advice, and also has educational programmes which include pre-marital guidance for young people.

## CALCUTTA

The Pratisriti Parishad of Calcutta honoured twelve writers and sixteen artists at their annual function. Manoj Bose, the well known writer gave away the prizes and congratulated the Parishad for instituting this organized method of spotting talent to encourage writers, musicians, and research workers. Mr. Jnanprakash Ghosh inaugurated the function.

* * *

The Educaids India held an exhibition of constructive playthings, teaching material and educational books and literature at the British Paints Decor Service. Specially interesting were the equipment toys to develop the child's mind.

## LUCKNOW

Mrs. Pushpa Gupta from Kanpur hosted her second show of paintings at Lucknow. A talented artist, she is a teacher at the local college and since her childhood has spent her spare time dabbling with paints and colours. Her impressionistic works of landscapes and figures were specially eye-catching.

* * *

To mark the close of the IYC, the Children's Academy organised a three-day health programme, in which aspects of child-care, and their psychology were spotlighted.

* * *

Nine-year-old Mani Mahesh held his first solo show at the State Lalit Kala Academi. The unusual exhibition included a series of imaginative drawings, the expressions of a sensitive mind and an articulate artist. The world, as seen through the eyes of a child was executed in pastels and crayons and drew large crowds.

4. Mrs. Ali Yavar Jung, who inaugurated an exhibition and sale of household linen and garments at Aakar Art Gallery, Bombay, is seen with Mrs. Yash Kohli, (left) editor, "Chic", and Mrs. Promila Saraf, founder, Bal Vihar Orphanage, Shreeramnagar, to which the sale proceeds were donated.

5. At the golden jubilee celebrations of British Airways at Hotel Connemara, Madras, are seen (from left) Mr. R.K. Narpat Singh, Mrs. Singh and Mr. N.A.I. French, British Dy. High Commissioner.

6

6. Mrs. Merchant, wife of the M.D., Bata, Mr. D. Merchant, hands over medals to workers and staff members at the opening of the Bata departmental store in Delhi.

7

7. An exhibition entitled, "Textile Artefacts" was held by Malini Gopalan in Rourkela. It was sponsored by the Max Mueller Bhavan, and inaugurated by Mrs. Shobana Datar, wife of the Managing Director of the Rourkela Steel Plant.

# THIS WEEK FOR YOU

FOR THE WEEK FEB. 3 — FEB. 9, 1980

John Naylor

## IF IT'S YOUR BIRTHDAY THIS WEEK :

**A change of career brings better conditions as well as more money. If married, this will probably work out through your partner. Possibility of your becoming involved in a family business which prospers after preliminary difficulties. Some minor challenges to meet around the middle of the year. You may over-stretch yourself financially, also find that an important document is temporarily mislaid but no disasters indicated. A little forward planning and extra care compensate. If married, there will be more harmony than has been the case for some years, with recent misunderstandings settled. If heart-free, a romance could begin "out of the blue." There will be much fun and flirtation throughout the year, with your popularity high!**

### ARIES

(Mar. 22 — Apr. 20)

Shortly life will be lucky and romantic. If you are not at present seriously considering a house move, you may do so in the near future. Expand your ideas, proceed with plans, but be ready for fresh possibilities.

### TAURUS

(Apr. 21 — May 21)

Success for current business activities and you could pull off a sharp deal. Just before your birthday, you will enter a fast-moving and lucky phase when things begins to happen quickly. However, don't neglect the social scene.

### GEMINI

(May 22 — June 21)

A serious romantic link may form between now and mid-1980 or a present relationship deepen. If single, plenty of chances to flirt before you settle. If married, much happy family involvement.

### CANCER

(June 22 — July 23)

You'll be able to put your ideas across, persuade others to your way of thinking. A time to communicate and to try to solve minor difficulties. A recent interview or meeting will have a rewarding outcome.

### LEO

(July 24 — Aug. 23)

Minor problems in personal life, irritations to put up with at work. You won't be able to push on with your own activities as you'll be too involved with the affairs of companions. Spend less, take care when buying.

### VIRGO

(Aug. 24 — Sept. 23)

Life will be strenuous for some weeks ahead. You might use up energy and initiative on fruitless projects for a time because you are helping out a friend or relative. See that essentials are given priority.

### LIBRA

(Sept. 24 — Oct. 23)

Favourable emphasis on friendships, business and personal. Careerwise, the informal approach will pay. Negotiate over a drink or a meal and this will bring useful tips, further introductions.

### SCORPIO

(Oct. 24 — Nov. 22)

A week of happy reunions, affection, generous gestures from loved ones and support from the family. A lucky week for money too, for future security issues. Buy an important item of domestic or business equipment that will make life easier.

### SAGITTARIUS

(Nov. 23 — Dec. 22)

Unexpected happenings will be beneficial, so go for the new and experimental. Lucky changes could occur, extra cash should come in. Don't drift if there is a matter than needs tying up, businesswise.

### CAPRICORN

(Dec. 23 — Jan. 20)

Promising meetings and perhaps new openings, businesswise. Don't let distractions cause you to get behind with routine jobs. Time may be in short supply between now and mid-March.

### AQUARIUS

(Jan. 21 — Feb. 19)

Planets promise energetic mood, added enthusiasm, and opportunities. A newsy week, with some unexpected happenings, perhaps some pleasing changes you have been trying to arrange. Happy friendships make life fun.

### PISCES

(Feb. 20 — Mar. 21)

Adverse stars have been frustrating your ambitions. While life will remain challenging for some months yet, present stars bring a more optimistic atmosphere, allow you some goodies for a change! Next week the pace picks up again.

## TRUE CONFESSION

**Continued from page 29**

"Do you know how old she is?" I asked. "Only sixteen. Have you no shame? Or decency? What will you tell your wife?"

"What is so shameful about our love?" he challenged. "It is the most natural thing in the world. But if you ask me, there is something revolting about yours."

"I don't know what you mean," I cried.

"Is it decent or normal for two girls to be so overpoweringly attracted to each other?" he asked.

I gasped.

"Yes," he went on. "I saw you two together, noticed the way you behaved and decided to rescue Karuna and you from the most debasing relationship a woman can enter."

"What are you saying?" I cried. "What are you insinuating?"

"You don't need to spell it out," he said. "Karuna has told me everything."

I stared at her, aghast.

What had she told him? I wondered. What nonsense had she filled in his ears, just so she could find a pretext to get close to him? Karuna cringed away, speechless, afraid of my wrath.

"You lied to him about us Karuna, didn't you?" I challenged. "You made it up as an excuse to get near him."

"Leave her alone. Savitri," warned my brother. "Don't make this any worse than it is."

"Well, she is not going to stay a moment longer in this house," I said with the authority I had inherited since mother's death. "Wait till father returns from Allahabad!" He had gone to the Sangam there, to immerse mother's ashes in the holy waters.

"If you tell him about us," he said defiantly. "I will tell him about you two."

I looked at him, helpless. It was my word against theirs. If Karuna lied, supporting him, would father believe me?

Kapil's wife was away with her parents having her first baby. So Kapil had come to Kanpur alone. I had not imagined he would stoop so low. But maybe Karuna had thrown herself at him. I could believe it of her now, seeing how she spread lies about the relationship between us to suit her own ends.

Father does not know about Kapil and Karuna to this day. Kapil has had a son and his wife has joined him now that he's back in Bombay. Karuna has gone to Bombay too, as planned, to complete her college studies. I don't know if the two still meet on the quiet. It is quite possible. But even if I should learn of it, I cannot breathe a word about their activities because my lips are sealed.

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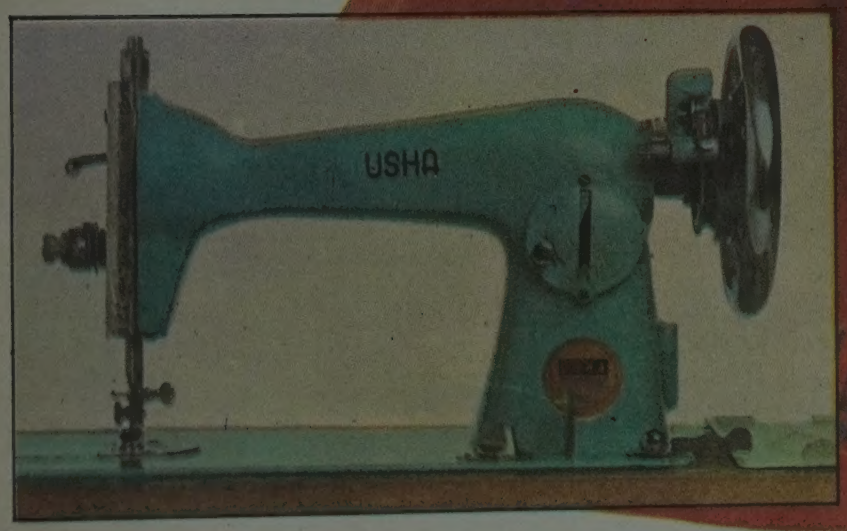


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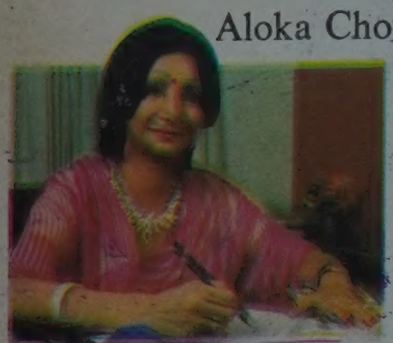
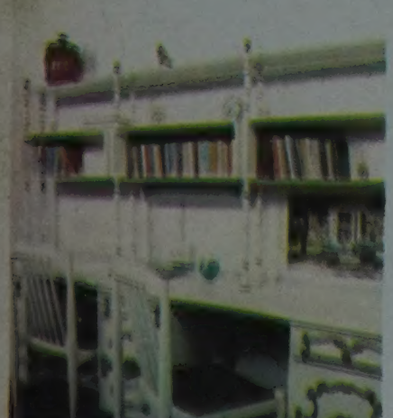
Aloka Chowdhury



**Aloka Chowdhury is a leading Interior Designer and Design Consultant. Her work includes designs for the Presidential Palace in Dacca, a five-star hotel, a Dutch ship and homes and offices, big and small. She always specifies Dulux.**

**Here she answers questions—the very questions you might ask yourself when you decide to repaint your home.**

*"There's only one natural light source here, so I used Dulux 'Off-White' to create a sense of light and set off the strong pink accents in this child's room."*



*"An antique-looking facade for a book shelf-cum-work desk matches the modern furniture in the rest of this room with hard wearing Dulux 'Brilliant White.'"*

**Q. Do you use Dulux in your house ?**

A. Of course, otherwise I wouldn't recommend it, would I ?

**Q. Why do you recommend Dulux ?**

A. Because I'm absolutely sure about it. There is never any variation in quality and colour. Don't forget I am responsible for the material I recommend to my clients; it's a question of one's professional reputation.

**Q. What is a must while planning an interior ?**

A. Every room should have a "focal point"—like a dominating painting or an object of art or a piece of furniture. The colour and arrangement of the room should be built around this "focal point."

But one should never use more than 3, maximum 4 colours in any interior. Just because the Dulux shade card offers you an amazingly large choice, it doesn't mean you experiment with every colour that catches your fancy.

*"This bedroom for a teenager faces south, so a strong yet cool green is an ideal colour."*

**Q. Repainting can be expensive. How do you combine good sense with good paint ?**

A. It's false economy to use a so-called economy paint. Within months it can start peeling get patchy, or simply fade away. A good acrylic can b washed and rewashed regul And it will look new for ye

With acrylic, you don't hav do all your rooms at one g People on small budgets ca a room a year—and by the the last one is done, the firs one still looks as good as n

## Dulux paints. Now and for years ahead

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OBM-631